ECONOMY IN THE KITCHEN

ELLEN ROSE DICKEY

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Salt Lake
1930.

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By

ELLEN ROSE DICKEY

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PREFACE

The art of cooking is as old as civilization itself. With the discovery of fire, primitive woman learned to roast and bake foods on hot stones and later, as crude stone and baked clay kettles were fashioned, she devised certain boiled and stewed dishes for the special delight of her hungry family.

To-day, with the aid of latest scientific methods, carefully tested kitchen equipment and cleanly, wholesome foods from all parts of the world, the Homemaker of America is able to serve her family delicious and nourishing treats that make for a greater degree of health and happiness.

By a little careful planning, inexpensive, appetizing and wholesome meals may be arranged, and I hope the information included in this book may be of practical help to every homemaker—every day—in turning what often seems monotonous routine into a real joy!

ELLEN ROSE DICKEY.

ECONOMY IN THE KITCHEN

CHAPTER I

Facts About Foods—Vitamins and Calories

Do you ever stop to think when you eat a delicious dessert, an appetizing salad or a rich, juicy steak just what elements of nutriment you are adding to your diet? If foods taste good you are very apt to feel satisfied and well fed, when perhaps, and very likely, you are overindulging in starches, sweets, fats, or proteins in some favorite form. Perhaps some day you won't be feeling any too fit and then you will, if you are wise, begin to investigate foods.

Fortunately, nowadays, there is a decided interest in the study of foods. The homemaker hears foods and food values discussed. She reads articles about those mysterious things called vitamins and calories, and if she is too stout or too thin, she begins wholeheartedly to regulate her diet and to vary her menus—to experiment a bit. She hears worthwhile talks about feeding her family to prevent malnutrition, and she makes a real effort to substitute dishes that will promote good health and normal growth of body and mind.

VITAMINS

Now just what are these vitamins, and what do they do? We might say, in a general way, that

vitamins are the life-giving essences of food, because they influence growth and vitality and cause the many glands in the body to function normally. They affect our bodies very much as sunshine does. Scientists tell us that if the parts that go to make up our foods are separated into pure forms and these in turn are combined into what are known as "synthetic" foods, these foods will not promote either health or growth, even though all the proteins, fats, starches and salts are in proper combination, because that "something"—that life-giving property—is absent.

After much experimenting, scientists have obtained one of the vitamins from yeast. It has been named "bios" and is known to effect growth and the promotion of general good health. Other valuable experiments are being made and in time probably the particular function of each unknown vitamin will be discovered.

Scientists, however, do know a good deal about what some of these vitamins do for the body, and they have been classified as follows:

Vitamin A (the fat soluble vitamin), found in certain animal fats, in egg-yolk fat, in milk fat, in nuts and in certain fruits and vegetables. When Vitamin A is lacking in the diet, growth stops, the body is generally weakened, and there is apt to develop a susceptibility to certain types of infectious diseases, especially of the eyes.

Vitamin B (called "water soluble") is found in foods containing water and is soluble in water. Vitamin B contains "bios" and is found in yeast, cereals, seeds, eggs, meats, etc. Vitamin B is often referred to as a blood cleanser.

Vitamin C (also "water soluble") is found in fresh fruits, leafy vegetables, tomatoes, roots and to some degree in milk and meat. Vitamin C helps to build tissue and regulate weight.

Vitamin D (a fat soluble vitamin) is found in butter fat, liver, cod liver oil, etc. Vitamins A and D are usually associated together in foods. Experiments have proven that Vitamin D is usually lacking in the diet of a child who has what is commonly called rickets—a softened bone condition as shown in bow legs, ill-shaped ribs, etc. Also in teeth that decay easily. Cod liver oil, we are told, contains the greatest amount of Vitamin D.

Vitamin E (a fat soluble vitamin) is found in lettuce, milk and butter. Experiments have proven that this vitamin plays a most important part in normalizing the reproductive system.

Vitamin F (the newly discovered vitamin) is known to affect the gland system. It is found in liver and lettuce.

Be sure to include vitamin foods in your diet and your family's diet. They are not medicines but disease preventives. Including them does

not mean spending more money for food—it means a more careful food analysis and well-balanced meals. The Balanced Diet List given on page 26 is an easy means of including proper food combinations. Teach your children the story of vitamins and let them play the Balanced Diet game. It's lots of fun and helps them understand why certain foods are set before them.

CALORIES

Next, what are calories? Technically, they are food-value measures. Our energy is supplied by food and the food supply has been scientifically measured by calories. If you work out of doors in the fields or even in your garden a great part of the day you need foods that are high in calories. If you sit indoors and sew or read or cook most of the day you will not require food containing so many calories. This does not mean less nourishment, however, as many foods that are low in calories are rich in minerals and vitamins.

It is interesting to note that a pound of butter contains about 3,605 calories, a pound of cottage cheese only about 510 calories, a pound of figs about 1,475 calories, and a pound of cocoa about 2,230 calories. Although milk, orange juice, and tomato juice are very low in calories they are very important so far as their vitamin and min-

eral content is concerned. The subject of food values is an interesting and important one, as it directly involves the well-being of every member of the family.

CHAPTER II

Cooking Processes and Operating the Stove

It is very easy to get into cooking-process habits, such as always boiling or frying potatoes and always frying meats!

Many vegetables are most delicious when steamed or baked. The so-called "red" meats (beef and lamb) are more wholesome when broiled, baked or roasted. Boiled fish is more digestible than fried fish. Fried foods, for the most part, are more digestible if deep-fat fried at tested temperature and drained carefully to avoid any excess grease.

Pan gravies are often made more tempting if thickened with a little flour and milk.

Some foods are cooked to develop flavors, to add to their palatability, to kill germs and to make them more digestible.

Other foods are better eaten raw, such as fruit and nuts. Some foods, such as carrots, celery, etc., may be eaten either cooked or raw.

All starchy foods such as rice, potatoes, macaroni, and oatmeal should be started in boiling water and kept boiling long enough to break the starch granules and cook the starch inside.

Cooking meats too long at too high a temperature hardens the valuable proteins.

Fats melt and burn at various degrees of heat. When heated to the burning point, they split up into fatty acid and an indigestible product is the result.

To test the temperature for deep-fat frying, heat the fat until a slight blue smoke rises and drop in a piece of bread. For uncooked food, the bread should brown in one minute; for cooked food the bread should brown in 40 seconds.

Allow from 3 to 5 minutes for doughnuts. Fish balls and croquettes of average size will cook in one minute. Fritters take from 3 to 5 minutes. Cuts of raw potatoes cook in from 4 to 8 minutes, according to size.

Baked custards curdle in too hot an oven. It is safer to set the custard dish in a pan of water to lower the temperature. Always cook egg dishes at a moderate temperature.

Cook all sweet-flavored vegetables such as peas, beans, and squash in a small quantity of boiling water, but do not allow the water to boil violently. These vegetables may also be steamed. Strong-flavored vegetables such as onions and cabbage should be cooked in a large quantity of boiling water in an uncovered saucepan. It is often wise to change the water at least once if vegetables are very strong. Boil spinach, beet tops and asparagus rapidly and do not overcook them.

Spinach is best when cooked, covered in a very small amount of water, only 12 to 15 minutes. Corn that boils rapidly or too long toughens and the flavor is destroyed. Water in which vegetables have been cooked should be saved for soups and sauces.

OPERATING THE STOVE

If you have a gas stove, you may reduce your fuel bills if you make use of the three different sizes of burners. The simmerer can often be used instead of the larger burners when very low heat is needed. The largest burner should only be used when very large skillets or kettles are necessary. Plan to use your oven for cooking an entire meal, if possible. Toast, if made for large families, may be made under the broiling burner, but if only three or four are to be served the toaster that sets over a burner-top is more economical. Be sure to see that your gas mixer is regulated so that a blue flame and not a red or yellow flame is produced.

If you have a coal range it is quite necessary to understand its drafts and their operation if you wish to keep down fuel expense. On washing, ironing and baking days when a hot fire is necessary, plan oven-cooked meals such as meat loaves, casserole dishes, baked potatoes, pies and puddings and cook such cereals as cracked wheat and whole oatmeal that require long cooking on

top of the stove. Keep a clear fire by shaking down the ashes in the lower grate. When the coals glow, they give off more heat. See that the flues are clear of soot and dust so you can properly regulate your oven.

If you use a kerosene stove, as many do, especially in summer, you will find it gives a good, regular heat; a flame not quite so hot as a gas flame but excellent for retaining temperatures. Give your oil stove the same care you give oil lamps. See that there is plenty of oil in the tank, that the wicks are trimmed and long enough to reach the oil and don't let saucepans boil over. In baking pies with under crusts, use the upper oven shelf for best results.

Many recipes call for certain degrees of oven heat and many ovens are equipped with oven thermometers. A portable thermometer may be used in any oven. (See oven-temperature chart on page 21.)

CHAPTER III

Tables of Weights and Measures and Cooking Temperatures

Always use regulation measuring spoons, cups, pints and quarts for best results. The sets of measuring spoons that come fastened together are very convenient. It is well to provide, in addition to the glass or aluminum pint cup, two half-pint cups (one glass) for measuring liquid and dry ingredients. Select cups that clearly show quarters, thirds and halves.

All standard recipes call for level measurements, which means that after a cup or spoon is filled, the contents are leveled off with the straight edge of a knife resting on both edges of the cup or spoon, pushing off any extra material and thus leaving level measurements.

If you haven't a set of measuring spoons and wish to measure a part of a spoon, the following method should be used. To measure a half spoon, fill spoon level-full, then divide lengthwise. Half of this measurement, crosswise, will give you a quarter. All dry ingredients such as flour, salt, baking powder, soda and spices should be sifted before measuring. In measuring liquids the spoon or cup should be filled to the brim. If a

recipe calls for "butter, size of an egg," a quarter cup is generally the right quantity. A tablespoon of melted butter means it is to be measured after melting.

WEIGHTS AND MEASURES

60 drops equals 1 teaspoon.
3 teaspoons equals 1 tablespoon.
16 tablespoons (dry) equals 1 cup.
12 tablespoons (liquid) equals 1 cup.
½ cup equals 1 gill.
1 cup equals ½ pint.
4 cups (or 2 pints) equals 1 quart.
4 quarts equals 1 gallon.
2 cups butter (packed solid) equals 1 pound.
9 large or 10 medium-sized eggs equals 1 pound.
4 cups sifted flour equals 1 pound.
2 cups granulated sugar equals 1 pound.
2½ cups powdered sugar equals 1 pound.
A "pinch" of salt equals about ⅛ teaspoon.
A "speck" of cayenne equals only a few grains.

OVEN-TEMPERATURE CHART

When the recipes in this book call for different degrees of oven temperature, consult this chart. Not all stoves are equipped with oven thermometers. They may, however, be purchased separately and installed on practically every type

of stove. They are reliable and go far to produce successful results in baking, roasting and broiling.

Very slow	225 to 250	degrees F.
Slow	250 to 300	" "
Moderate	300 to 375	" "
Hot	375 to 400	" "
Quick	400 to 450	" "
Very hot	450 to 550	" "
Broiling heat	600	" "

TIME TABLE FOR MEATS

PORK

All pork should be served well done. After quick searing, cook slowly at a lower temperature and longer than beef or lamb.

Chops and steaks, fried.....10 to 15 minutes (according to thickness)
Loin roast (per pound).....20 to 25 "
Shoulder roast (per pound)....30 to 35 "
Ham, baked (per pound).....20 to 25 "
Ham, boiled (per pound).....20 to 25 "

BEEF

Roast, broil, bake, fry beef according to preference as to "rare," "medium" or "well done" in hot temperature for searing, reducing to moderate temperature until done.

Steaks, broiled, fried..... 8 to 12 minutes
(according to thickness)
Roast, rib (per pound).....10 to 15 "
Roast, round or rump
(per pound) .....12 to 15 "
Roast, rolled shoulder
(per pound) .....15 to 20 "
Pot roast (per pound).....35 to 40 "
Corned beef, boiled
(per pound) .....30 to 40 "

LAMB

Lamb should not be cooked too long. When cut, the meat should be slightly pinkish. Fry, broil or roast at hot temperature for searing, reducing to moderate temperature until done.

Chops, broiled ..... 8 to 10 minutes
(according to thickness)
Leg, roasted (per pound).....15 "
Shoulder, roasted (per pound).15 "
Mutton, boiled (per pound)....15 "

VEAL

All veal should be served well done. After quick searing, cook at a lower temperature and longer than beef or lamb.

Chops or cutlets, breaded.....25 to 30 minutes
(according to thickness)
Roasts, shoulder, breast
(per pound) .....20 to 25 "

CHAPTER IV

Planning the Meals

Meal Planning is a subject that is often one of the homemaker's hardest tasks and should receive special consideration. The Balanced Diet List on page 26 of this book will very simply help you solve this problem, as it instantly offers suggestions for the kinds and variety of food each menu should contain.

The time set for your meals should be the same each day because regularity is of the utmost importance. Every member of the family should be encouraged to be punctual. There is nothing so discouraging to the housewife as to have to "keep things hot." Food should be served when done, to prevent drying or scorching or having a warmed-up taste.

Try to plan your meals for the whole week—on a regular day, and lay in supplies of staples, such as flour, sugar, seasonings, tea, coffee, cocoa, shortening, etc., and if possible stock your pantry shelves each month with canned foods such as salmon, pineapple or any canned products you do not put up yourself when fresh foods are in season. A well-stocked pantry shelf always saves

time and energy and helps to systematize your work.

When making out your market list buy enough salad greens for several days or even a week. They will keep perfectly on ice or in a cool dry cellar if wrapped in clean wet cloths or cheesecloth bags. Fresh meats and vegetables may be purchased every other day, if you have a good refrigerator.

Generally speaking, your family's digestion will be better where at least one hot dish is served at each meal. If all foods are hot a meal becomes monotonous. Include salad with at least one of your daily menus. Try to adapt your menus to the season by using fresh foods that the market or your garden or storage cellar offers.

When left-overs are used serve them as attractively as possible. If a dish is pleasing to the eye it stimulates the appetite.

Be sure to serve your family, especially the children, plenty of milk—not necessarily all of it as a beverage but milk cooked into other foods, such as custards, vegetable sauces, tapioca puddings, escalloped dishes, etc.

Be careful not to include too many starches in any single menu.

Careful meal planning means greater health and happiness for you and your family.

CHAPTER V

A Balanced Diet List

Seven Kinds of Food That Play An Important Part in Balanced Diets

How to use this list.—Select at least one of each of the seven kinds of foods mentioned below for each meal—or at least for the noon and evening meals if you prefer a very light breakfast—and you may always be assured of well-balanced diets.

1. Foods that Build Muscle such as:

Meats	Dried Vegetables
Eggs	(soaked and boiled)
Milk	Nuts and Nut Butters
Fish	Cheese of any kind
	Corn—Beans

2. Foods that Create Bodily Heat:

Cereals	Breads (muffins, rolls,
Macaroni	etc.)
Spaghetti	Bananas
Cakes	Cornstarch and Bread
Noodles	Puddings
Potatoes	

3. Foods that Give Energy Quickly:

Syrups	Sweet Puddings
Jellies	Granulated Sugar
Preserves	Frostings
Candies	Chocolate

4. Foods that Store up Bodily Energy:

Butter	Puddings (fat) as suet
Nut Butters	Salad Dressings
Cream	Cereals
Salad Oils	Potatoes
Fat Ham, Pork or Bacon	Cream Cheese
	Dried Fruits
Fat Sausages	

5. Foods that Act as Body Tonics:

Cucumbers	Grapes
Celery	Fruit Drinks
Cabbage	Canned Fruits
Tomatoes	Crack Wheat
Rhubarb	Brown Rice
Peaches	Corn Meal
Strawberries	Spinach
Pears	Carrots

6. Foods that Create Roughage or Bulk in the System:

Coarse Graham	Yeast
Wheat or Rye Bread	Turnips
	Onions
Lettuce	Bran
Asparagus	Cabbage

7. Foods that are of a Liquid Consistency:

Soups	Cocoa
Tea	Fruit Drinks
Coffee	Ices
Skimmed Milk	Watery Fruits and
Buttermilk	Vegetables

CHAPTER VI

Setting the Table and Serving

The attractive appearance of a table goes far toward a successful meal. Even when decorative oilcloth is used in place of linen, if it is scrupulously clean, and the silver, china and glass are properly placed, family appetites are instantly aroused and the food set on the table seems somehow to taste better. If a table cloth is used, a silence cloth should be laid just underneath, not only to protect the surface finish of the table but to lessen the noise of the dishes. For breakfast or luncheon, table runners or centerpieces and plate doilies may be used. A fern bowl, or a bright fruit or floral centerpiece adds a pleasing touch to the appearance of the table. Fresh flowers, artistically arranged, make perhaps the most attractive centerpiece. Whatever the table decoration, it should be low enough so that one can easily look over it. Glass or metal candlesticks with long tapering candles harmonizing in color with the centerpiece may be used to give the table a more festive air, especially for more formal occasions.

An individual cover consists of the china, silver, glass and napkin each person will need.

The covers should not be too crowded, and should be, if possible, placed directly opposite. This gives the table a well-balanced appearance. Place the knife at the right of the plate with the cutting edge next to the plate. The spoons should be placed with bowls up at the right of the knife, each in the order of its use. The outside spoon is used first. The forks, with tines up, should be placed at the left of the plate in the order of their use. Place all silver a half inch from the edge of the table. The water glass should be placed an inch above the tip of the knife and the bread and butter plate near the tip of the fork. Lay the butter spreader on the upper right part of the bread and butter plate, with the cutting edge turned down. The napkin should be laid at the left of the fork or on the plate unless soup or bouillon is to be served. The opening edges of the napkin should be parallel to the table edge and fork. Place the cup and saucer at the right of the spoons, with the handle turned toward the right.

Try to arrange the food dishes to give balance to the table as far as possible—not too near the center but within easy reach, and do not overcrowd the table at any time. Place a salt and pepper set between two of the covers, unless individual sets are to be used.

In serving a meal, quickness and quietness are most important. In most homes, for a family dinner, the father generally serves the meat,

potato and vegetables, and the mother serves the dessert and pours the tea, coffee or cocoa. Individual plates of soup, salad and squares or balls of butter may be placed before the family is seated. When soup is served, the meat and vegetables should be kept hot in the kitchen and brought to the table after the soup dishes have been removed. The first course dishes, and any food crumbs, should be quietly removed before the dessert course is served.

For a formal dinner, the various dishes are passed by a maid and first of all to the hostess. Each guest serves himself. A roast may be carved in the kitchen and attractively arranged on the serving platter. All food is served from the left of the guest, and removed from the right. The beverage is placed at the right. Eating should not begin until every guest is served. Place the guest of honor, if a woman, to the right of the host. If a man, to the right of the hostess.

TABLE MANNERS IN GENERAL

Unfold and fold the napkin below the table edges and use it as inconspicuously as possible. Sit erect. The elbows should never rest on the table. The spoon should never be left in a cup but laid in the saucer at the right side. When eating soup dip the soup spoon away from you.

Sip from the side of the spoon and do not tip the dish to get the last bit. Break a slice of bread

into small pieces before spreading on the butter. Head lettuce salad may be cut with a knife when impossible to cut through the leaves with a fork. When finished with a course, place the knife and fork or spoon straight on the plate. Toothpicks should not be used in public but in the privacy of one's room.

Meal time should be an occasion for the discussion of generally interesting topics rather than personal grievances or problems. Current events in this country as well as abroad, or interesting events happening in a community are excellent subjects to choose. But discussions should never terminate in arguments. Arguments—no matter what kind they are—are more or less irritating, and mental irritation does not promote digestion. Gossip should also be avoided, as should the discussion of disease, operations, dentistry, etc. Family meal time should be looked forward to as a sort of inspiration—and pleasant, constructive topics of conversation should be encouraged. Mother, in her tactful way, may easily bring this about if she will give it a little special thought.

CHAPTER VII

Cereals

Cereals, besides being just "breakfast foods," also include rice, hominy, macaroni, spaghetti, vermicelli and noodles, which so very often supply tempting dishes for luncheon or supper when combined with cheese, tomato and other savory ingredients. Cereals should be purchased in rather small quantities and stored away in tightly covered cans or jars, as they mold or become worm-infested if left exposed to the air after the packages are opened. As the printed package covers of various kinds and brands of breakfast foods suggest best ways of preparing them it will not be necessary to mention other formulas here. However, when such cereals as cracked wheat and steel-cut oatmeal are purchased in bulk it is well to know the best rule for preparing them. One cup of either cracked wheat or steel-cut oatmeal should be cooked according to the following rule: Bring four cups of water (seasoned with ¾ teaspoon of salt) to a violent boil—add the cereal and let boil moderately for a few moments over the flame. The cereal should then be cooked in a double boiler or steamer for at least three hours, or in a fireless cooker over night. It should be

well reheated over hot water (double boiler) before serving. The same proportions of farina or corn meal require only half an hour's cooking before they are ready to serve.

Macaroni, spaghetti, vermicelli and noodles should be cooked in salted boiling water until tender, drained in a colander, then have fresh boiling water poured over them to prevent sticking and kept steaming hot over boiling water until ready to serve. These cereals may then be served plain with seasoning and butter or may be mixed with tomato, grated cheese and chopped green peppers and put into a well-greased casserole and baked in a moderate oven until slightly browned on top.

BOILED RICE

Put one cup of either polished or brown rice in a fine mesh strainer and let cold water run over it for several minutes. It is then ready to put into plenty of violently boiling, salted water and should boil, without stirring, until the rice kernels are tender but not mushy. Drain, let cold water run over the cooked rice and set the strainer of rice over boiling water. Let steam until thoroughly heated and serve at once.

CHAPTER VIII

Soups

Soup—at least once a day—is the very excellent rule in many households all over the world. There are two important reasons for serving soup. First, it is an appetizer when it precedes the main part of the meal. Second, when served in larger quantity it takes the place of one of the main dishes. At luncheon, for instance, a large bowl or plate of soup, with a dainty salad and light dessert, offers a very nutritious, well-balanced meal.

It is surprising to discover how very easily and economically all sorts of soups can be made. In a general way, soups may be divided into two classes: Those made with meat, vegetable or fish stock, such as consommé, bouillon, standard broth, etc., and those made with a milk foundation such as purées, bisques, chowders and cream soups. Soups are thin or thick according to the added substances that give body or consistency to the liquids. The soup thickenings commonly used are flour, cornstarch, tapioca, barley, rice and beaten egg yolks.

In making soup stock, all kinds of meat—beef, mutton, lamb and veal—poultry, fish and even

vegetables are used. In making a clear brown meat stock it is well to brown at least some of the meat in a skillet before adding it to the stock kettle. A certain amount of fat is a wholesome and nourishing addition to any kind of soup. If too much fat is put in, some of it may be skimmed off when the stock is cold. Marrow, such as is found in the shin of the hind quarter, is the finest sort of fat for soup. A little ham or bacon cut in small pieces lends a pleasing flavor. Cheaper cuts of meat are best for making soup stock. Choose the lower round, the flank, neck and shin pieces. They are highly nutritious. Fish stock is best made of the so-called white blooded kinds. The bones of veal and chicken are rich in gelatine and soups that are high in gelatinous substances keep best.

General Rules for Making Meat Soup Stock

After wiping with a clean wet cloth, cut the meat into small chunks. Have the bones sawed through in a number of places so that the marrow may escape.

Put the meat and bones into a deep kettle, cover with cold water, as cold water draws out the juices. Let stand for half an hour and then gradually heat to the boiling point and let the stock simmer very gently for four or five hours. Be sure to fit the lid down tightly to keep in the

flavors and aroma. The delicate flavor is lost if soup stock is allowed to boil violently. Soup stock may be skimmed before adding the vegetables if too much "deposit" gathers on the surface. Most good cooks, however, do not skim the stock because this deposit contains coagulated albuminous juices which give real nutritive value to the soup. What is known as "standard broth" consists of stock in the proportion of one pound of cubed meat, without bone, and three cups of water. When bone is included, allow only a pint of water to a pound.

Do not throw away the water in which vegetables are cooked, for in this liquid are important minerals and vitamins. It may be used with butter or other fats as a part of the foundation for vegetable soup (meatless) stock or can be used for certain cream soups. Save all left-over vegetables for the soup pot. Combinations are good.

The best way to make cream soups is to mix a thin or medium white sauce with some sort of vegetable stock.

A thin white sauce is made as follows:

2 tablespoons butter — ¼ teaspoon salt
2 tablespoons flour — ⅛ teaspoon pepper
2 cups milk

Melt butter, add flour and seasoning and mix well. Slowly combine the milk with this mixture, stirring to avoid lumps. Thicker white sauce is

made by adding 4 tablespoons of flour instead of 2 tablespoons.

CONSOMMÉ

One pound each of knuckle veal and beef, 2 pounds of chicken, 4 quarts cold water, 1 teaspoon salt, ¼ cup each of finely cut carrots, onions and celery, ½ teaspoon whole peppercorns, 2 whole cloves, half a bay leaf, ½ teaspoon mixed whole spices.

Cut up the meat and chicken in small pieces, add the knuckle chopped open in several places and put into a soup kettle with the cold water. Let stand an hour to draw out the juices. Bring to the boiling point, then simmer for 4 or 5 hours. Add the seasonings about an hour before done. Strain and when cold remove fat. To clear, put the strained stock into a kettle, add an egg white, slightly beaten. Heat slowly until it reaches the boiling point. Then boil five minutes. When it settles, strain through a clean cheesecloth. Serve piping hot with salted wafers.

OLD-FASHIONED VEGETABLE SOUP

Two pounds of shin beef cut in small pieces, one marrow beef bone and one veal knuckle, sawed in several pieces. Put in soup kettle with three quarts of cold water. Let stand covered for an hour and bring slowly to the boiling point. Add

one cup each of diced carrots, sliced onions, chopped celery, turnips, shredded cabbage, four or five parsley sprigs, a tablespoon mixed spices tied loosely in a small cheesecloth bag, half a cup of pearl barley, and a can of tomatoes. Let cook covered, at the boiling point, for four hours. When done, remove spice bag, and bones. Serve with crackers.

AUNT CHLOE'S CHICKEN SOUP

One medium sized fowl, 4 quarts cold water, 1 small onion, ½ cup chopped celery, sprig parsley, 1 teaspoon salt, 4 peppercorns, ½ cup rice. Cut fowl in pieces, put into a soup kettle with the cold water, cover, bring to boiling point and simmer for three hours. Then add the vegetables and seasonings and cook another hour. Remove pieces of chicken, strain and cool. Cut part of the chicken in small cubes and add to the soup. Boil the rice for 20 minutes, add to the soup. Heat all together. Serve very hot with salted crackers.

NEW ENGLAND SPLIT PEA SOUP

Thoroughly wash 1½ cups green split peas, soak over night, drain, add 3 quarts cold water, small ham bone and a small onion, sliced. Cover the kettle and cook slowly until the peas are soft (about 3 hours). Mash through a sieve, add 2

cups hot milk, a little white pepper and 2 tablespoons butter. Serve with croutons.

CLAM CHOWDER

Use a dozen fresh clams or a small can of clams. After draining (keep the liquor), wash the clams, then chop and put them into a saucepan. Add the liquor and cook about ten minutes. Fry a small onion, sliced, in 2 tablespoons butter and when lightly browned pour the butter into the clam broth. Add 3 cups of cooked cubed potatoes, seasonings to taste and a quart of milk. Thicken with 2 tablespoons of flour mixed to a smooth paste with a little cold water. Shredded pimientos may be added. Serve very hot.

CREAM OF TOMATO SOUP

Cook 4 cups of canned tomatoes with 2 tablespoons of sugar, 1 tablespoon minced onion, and salt to taste. Add ¼ teaspoon soda. Pour a quart of medium white sauce into the hot tomato mixture and serve at once, with croutons.

Note: The tomato mixture may be strained if a very smooth soup is preferred.

CREAM OF CABBAGE SOUP

Chop a small head of cabbage fine. Add a quart of boiling water and ½ teaspoon salt. Cook until

cabbage is soft. Add 1½ quarts of medium white sauce just before serving. Two tablespoons of butter may be added.

CREAM OF POTATO SOUP

Cook 3 medium-sized potatoes, cut in quarters, one small onion, sliced, ½ cup diced celery, ½ teaspoon salt in 3 cups of hot water for half an hour. Strain. Press potatoes through sieve, add stock and a quart of thin white sauce. Serve with minced parsley.

CREAM OF SPINACH SOUP

Cook a quart of carefully washed fresh spinach in 3 cups of boiling water with ½ teaspoon salt for 15 minutes. Press through a sieve. Add medium white sauce and serve with salted wafers.

Many other vegetables, such as cauliflower, green peas, corn, asparagus, may be made into delicious and nourishing cream soups by cooking, seasoning, and adding either thin or medium cream sauce.

SAVORY SPINACH SOUP

1½ cups strained spinach
1 medium sized onion, sliced
1 tablespoon butter
¼ cup fine bread crumbs
2 cups hot meat stock
⅛ teaspoon white pepper
½ teaspoon salt
1 cup rich milk
½ tablespoon flour

Slowly cook the onion in butter, without browning, for five minutes. Add spinach, bread crumbs, stock and seasoning and cook very slowly for half an hour. Thicken the milk with the flour and add to the soup. Bring to the boiling point and serve hot with croutons.

CROUTONS

Remove crusts from stale bread slices, butter the slices and cut into small cubes. Put into a pan in a rather hot oven, or fry quickly in deep hot fat. Serve five or six croutons on each plate of soup.

EGG NOODLES FOR SOUP

Beat 1 egg, slightly, add ½ teaspoon salt and enough flour to make a very stiff dough. Roll as thinly as possible (the thinner, the better). Cover with a clean cloth and let stand for half an hour. Cut in strips, strings or fancy shapes or roll like a jelly roll and slice very thin. Dry thoroughly before putting away in glass jars. When needed, cook noodles in boiling salted water for 20 minutes. These noodles may also be combined with tomatoes, cheese, etc., to take the place of a vegetable dish.

SALMON SOUP

½ can red salmon
1 quart hot milk
2 tablespoons butter
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon white pepper

Remove skin, bones and fat and oil from salmon and press through a sieve. Add the hot milk gradually, season, bring to the boiling point and serve with cheese sticks.

CHEESE STICKS

Remove crusts from stale bread, slice, butter on both sides and cut slices into strips and dip in grated cheese seasoned with a little salt and cayenne. Bake until slightly browned.

CHAPTER IX

Fish—Poultry—Eggs

FISH

As fish is generally less expensive than meat, the housewife who practices economy serves it as a meat substitute at least once a week. Fish may be boiled, baked, broiled or fried or made into tempting croquettes. Fresh fish should be cooked as soon as possible after it comes from the market.

BAKED FISH

Salmon trout, white fish, blue fish, bass or other good sized fish are very appetizing when stuffed and baked. Scale and carefully clean a three-pound fish, stuff (see stuffing recipe below), sew up and bake in a well-greased pan, allowing 20 minutes to the pound. If a strip of clean cotton cloth or tape is laid in the pan lengthwise, under the fish, the fish can easily be lifted out of the pan to the hot platter. Baked stuffed fish may be served with Savory Tomato Sauce or Caper Sauce (see chapter on Sauces) and should be garnished with lemon slices strewn with minced parsley.

STUFFING FOR FISH

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
1 tablespoon minced onion
¼ cup boiling water
½ tablespoon chopped parsley
1 tablespoon piccalilli

BROILED FISH

Fish, such as fresh cod, haddock, blue fish, white fish, salmon trout, etc., may be broiled over coals or under a gas oven flame. The fish should be cleaned and split down the back, removing bones, head and tail, and seasoned with salt and pepper before laying on the broiler. Fresh salmon and halibut are generally cut into smaller pieces for broiling. Perch, smelts, and other small fish may be broiled whole. Fish slices should be turned several times while broiling and should not be cooked too long. When serving on a hot platter pour melted butter over the fish, sprinkle generously with paprika and garnish with parsley sprigs and lemon quarters or slices.

FISH FRIED IN DEEP HOT FAT

Fish should be cleaned, wiped dry, cut in rather small pieces, sprinkled with salt, dipped in flour or cracker meal, set in a wire basket and fried in smoking hot fat until golden brown. Fish fried in deep fat should be drained well and served at once with Caper or Tartar Sauce (see chapter on

Sauces). "Breaded" fish may also be fried in a hot skillet with plenty of fat.

BOILED FISH

Any of the larger fish may be cleaned, cut into suitable pieces, the pieces tied in clean muslin and dropped into boiling salted water to which may be added fresh milk, one bay leaf, a few peppercorns, and an onion, sliced. Boiled fish should be removed quickly from the muslin and be served very hot with melted butter mixed with lemon juice and minced parsley, or with Savory Tomato Sauce (see chapter on Sauces). Allow 25 minutes of brisk boiling for cuts of muslin-wrapped fish.

FILLETS OF SOLE

Fillets of fish are prepared in the following manner: Clean, remove skin and bones and cut into suitable sizes. Prepare 1½ pounds fillet of sole (flounder). Sprinkle with salt and white pepper. Dip fillets into cracker meal, then in beaten egg (diluted with a little water) and again into the cracker meal. Fry in butter or vegetable shortening in a skillet until nicely browned on both sides. Serve at once with Tartar Sauce. (See chapter on Sauces.) Garnish with sprigs of parsley.

BAKED HALIBUT STEAK

1 lb. halibut steak
1 cup tomatoes
½ cup hot water
small onion, minced
1 teaspoon minced parsley
3 whole cloves
1 teaspoon sugar
1 tablespoon butter
1 tablespoon flour
salt and pepper

Clean the fish, dry thoroughly, and put in buttered baking pan. Mix tomatoes, water, onion, parsley, cloves, sugar, and cook ten minutes. Melt butter, add the flour, and pour on the hot mixture gradually. Add salt and pepper to taste. Cook five minutes and strain. Pour half the sauce on fish and bake in a moderate oven until fish separates from the bone, basting often. Serve on hot platter and pour the remainder of the sauce around it. Garnish with parsley.

CREAMED CODFISH

3 cups flaked, cooked cod
2 cups medium white sauce
2 tablespoons minced parsley
1 tablespoon shredded pimiento

Heat white sauce to boiling point, add the flaked fish, parsley and pimiento. Serve at once with baked potatoes, or on small squares of toast.

CODFISH BALLS

Cook together 1 cup shredded salt codfish, 2 cups of raw potato cubes and 3 cups boiling water until potatoes are tender and the water has nearly

boiled away. Mash the mixture (without draining) with a tablespoon of cracker crumbs and when cool add a beaten egg yolk. Form the mixture into balls, roll in cracker meal and let stand until quite firm. Place in wire basket and fry in deep smoking hot fat for one minute. Drain, serve on a hot platter and garnish with parsley, serve with medium white sauce to which freshly cooked or canned peas have been added.

PANNED SALMON AND RICE

Add ⅔ cup of flaked canned salmon and 1 cup of boiled rice to enough medium cream sauce to form a rather stiff mixture. Pour into a well-greased hot skillet, let fry gently for ten minutes and then place skillet in a hot oven for from twenty minutes to half an hour. Fold over like an omelet and serve on a hot platter at once. White sauce with peas may be served with this dish.

FISH CROQUETTES

Add 1 cup of thick, well seasoned white sauce to 1½ cups of cold, left-over fish, canned salmon or tuna fish. Pour into a pan to cool. Shape into croquettes, roll in cracker meal, then in egg (diluted with a little water), and again in cracker meal, and fry in hot, deep fat in a wire basket. Drain and serve immediately on a hot platter,

plain or with medium white sauce. Peas or chopped pimiento may be added to the white sauce.

SHRIMP FRITTERS

2 dozen freshly boiled shrimps
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
1 egg
⅔ cup milk

Cut open and clean the shrimps. Make batter of the remaining ingredients. Dip each shrimp in batter until well covered and fry in deep fat until golden brown (about three minutes). Serve with caper sauce.

TUNA FISH EN CASSEROLE

1 medium-sized can of white tuna fish
2 raw potatoes, sliced
1 onion, sliced
1 cup catsup
salt and pepper to taste

Slice a layer of potatoes in a greased casserole. Add a layer of onions, salt and pepper to taste, then a layer of tuna fish, then the catsup; continue until the dish is filled. Bake in a moderate oven for one hour.

SCALLOPED SALMON

Add 1 cup of thick, well-seasoned white sauce to the following mixture: 1½ cups of flaked canned salmon, 1 tablespoon minced green pepper, ¼ tea-

spoon paprika and 1 cup soft bread crumbs. Pour mixture in a well-greased baking dish, sprinkle top with fine bread or cracker crumbs. Bake in a hot oven for 20 minutes and serve from the baking dish.

BAKED SALMON WITH CHEESE

2 cups flaked canned salmon
1 cup mashed potato
3 tablespoons melted butter
1½ cups dry grated cheese cracker crumbs

Mix salmon, potato and butter together and put in a greased baking dish. Sprinkle with cheese and cracker crumbs and bake in a moderate oven 20 minutes until brown.

STEAMED SALMON LOAF

¼ cup butter
2 cups flaked and minced canned salmon
½ cup cracker crumbs
3 eggs
½ teaspoon salt
2 tablespoons minced parsley
few grains cayenne

Melt butter and rub into salmon. Combine with crumbs, eggs well beaten, and seasonings. Put into a greased pan and steam one hour. Serve with Savory Tomato Sauce.

SCALLOPED OYSTERS

Grease a shallow baking dish and cover bottom with layer of cracker crumbs. Over this

place a layer of raw oysters. Season and dot with butter and continue layer of cracker crumbs and oysters until the dish is nearly full. There should be a layer of cracker crumbs on top. Mix oyster liquor with an equal quantity of sweet milk and pour over the top. Bake in a moderate oven for half an hour.

POULTRY

As chicken, duck, goose or turkey so often become the choice for special occasions, it is well to know how best to prepare them in a variety of ways that are not elaborate, but appetizing and economical.

ROAST CHICKEN

Clean and stuff a tender roasting chicken. Dredge with salt. Rub butter into the skin of the breast and legs, then dredge the entire bird with flour and put into a greased roasting pan. Set into a hot oven and when the flour is browned, lower the heat and baste with one cup of hot water mixed with ¼ cup of butter or shortening. Baste frequently until the chicken is done, unless you are using a self-basting roasting pan where, as the chicken cooks, its own juices will produce enough liquid for basting. While the chicken roasts it should be turned over and around sev-

eral times, especially if it is being cooked in an uncovered pan. One and a half hours is usually the proper time to allow for a four-pound fowl.

ROAST CHICKEN LOAF

1 five-pound chicken
1 onion
1 large potato
1 cup chicken stock
chicken fat
2 cups bread crumbs
½ teaspoon poultry-seasoning
1 teaspoon salt
⅛ teaspoon pepper

Clean the chicken, cut it in pieces and boil very gently in seasoned hot water for two hours. Cut meat off the bone, but put bones and skin back in stock and again boil two hours. Cook potato and onion in stock until well done. Remove and add the seasonings and crumbs. Grease a loaf tin, cover bottom with pieces of meat, then add dressing. Put rest of meat on top, add butter, sprinkle crumbs over the top and bake in a moderate oven until the meat is tender and brown.

CHICKEN FRICASSEE—SOUTHERN STYLE

1 four-pound chicken
2 small onions
2 slices of salt pork
2 tablespoons flour
1 tablespoon butter
1 teaspoon minced parsley
1 cup mushrooms
salt and pepper

Clean and cut chicken into pieces suitable for serving. Cook the chicken slowly until slightly brown in the salt pork (tried out in a hot skillet). Put the tougher sections of the chicken at the bot-

tom of the skillet, the sections of breast and wings on top. Slice the onions over the fowl, then add enough boiling water to cover. Cover tightly and cook very slowly until tender. Add the flour and seasoning mixed to a paste with a little cold water, and the mushrooms after the chicken has been cooking about an hour. Serve on a hot platter with the thickened sauce.

FRIED CHICKEN

Select two young, tender chickens, clean and singe them and cut in pieces suitable for serving. Let stand in very cold water a few moments, drain but do not dry. Season with salt and pepper and dredge well with flour. Fry in a hot, tightly covered skillet in plenty of butter, bacon drippings or vegetable shortening. When nicely browned and thoroughly done, serve on a hot platter with thickened, strained pan gravy, using hot milk instead of hot water.

CASSEROLE OF CHICKEN WITH RICE

Select a four-pound fowl, clean and cut in suitable pieces for serving and cook with one sliced onion and one teaspoon chopped parsley, very slowly in slightly salted, boiling water to cover, in a closely covered kettle, until thoroughly done. Remove larger bones and thicken the stock. Add two cups of freshly boiled rice, pour all into a

large, deep casserole and cook slowly in the oven for at least forty minutes longer. Serve at table from the casserole.

FOR CHICKEN PIE

Follow the general directions for Casserole of Chicken, adding chunks of carrots and potatoes instead of the rice. Cover top of the baking dish with plain pastry. As the crust will require only a short time to bake, the chicken and vegetables should be thoroughly done before adding the pastry top.

CHICKEN POT PIE

Select a four-pound roasting chicken, clean and cut as for Casserole of Chicken, and cook in deep stewing kettle until nearly done. A half hour before ready to serve, thicken the stock and add raw potato chunks, and seasonings. Cook for ten minutes and add drop dumplings on top. (See Drop Dumpling recipe.) Cover tightly and cook from 20 to 25 minutes. Remove chicken, potato and dumplings to a hot platter and pour the thickened stock over all.

ROAST TURKEY

Clean, singe, dress, and stuff the turkey. Save the heart, gizzard and liver, and roast them in the pan with the turkey. Sew up or securely skewer

the stuffing opening, remove part of neck bone, pull skin over it and tie to prevent stuffing escaping. Tie the wings and legs close to the body. Rub the turkey with a flour and butter paste and add seasoning. Put into a roasting pan in a hot oven for 15 minutes. Then add a cup of boiling water. Lower the oven heat to a moderate oven and cook until thoroughly done. Allow about 20 minutes to the pound for roasting turkey. Baste frequently. If the turkey is not very fat it may be necessary to add more boiling water to keep it from scorching. Serve with giblet gravy made of the roasted heart, liver and gizzard.

DELICIOUS GIBLET GRAVY

After removing the turkey to a hot platter, pour most of the fat out of the roasting pan (leaving about three tablespoons). Stir in three tablespoons flour until a smooth paste is formed, place over fire and let brown well. Chop up the roasted giblets (liver, heart and gizzard), add three cups of boiling water and pour into the browned thickening. Let come to a good boil and serve at once.

STUFFING FOR POULTRY
OYSTER STUFFING

3 cups stale bread crumbs
½ cup melted butter
1 pint raw oysters
¼ cup oyster liquor
2 teaspoons salt
½ teaspoon mace
¼ teaspoon pepper

Mix bread and cracker crumbs, and add melted butter, oysters (washed, and tough muscles removed), oyster liquor, and seasonings.

FAVORITE POULTRY STUFFING

3 cups stale bread crumbs	1 tablespoon poultry-seasoning
½ cup melted butter	1 teaspoon salt
½ cup scalded milk	¼ teaspoon pepper
¾ cup chopped celery	

Pour scalded milk over the bread crumbs and let stand for 15 minutes. Add the other ingredients and blend thoroughly.

CHESTNUT STUFFING

A very delicious chestnut stuffing may be made by substituting 1 cup of chopped, boiled French chestnuts for the ¾ cup of cropped celery in the recipe for Favorite Poultry Stuffing.

EGGS

Although eggs are not a complete food in themselves, they contain valuable protein matter, mineral salts and vitamins and should hold an important place in the general diet. They may be combined with other foods in dozens of ways to supply appetizing, nourishing dishes. Use only fresh eggs. The following test is a reliable one:

Place the eggs in a pan of water. Those that sink to the bottom are fresh. Should they float on top or stand on one end in the water they are unfit for use.

HOW TO PREPARE "HARD-COOKED" EGGS

The old-fashioned "hard-boiled" egg is out of date. Eggs that boil violently have been found hard to digest and are generally tough and stringy. Try "Hard-Cooked" eggs for salads, creamed eggs, stuffed eggs, deviled eggs, etc. The yolks and whites will have a delicate, light texture and will be much more palatable. Here is the simple rule: Bring the water to a boil, put in the eggs and set the container back on the stove so that the water is just below the boiling point. Cover the container and let eggs remain in the water for 20 minutes, when they may be removed and chilled in cold water and later placed, covered, in the ice box until ready for use. *For "soft-cooked" eggs,* let the eggs remain in the (below-boiling) water, covered, for one minute, uncover and let stand from 5 to 8 minutes.

POACHED EGGS

An egg-poacher is a convenient utensil for poaching eggs, as it keeps them uniform in shape. Muffin rings may be used for the same purpose—or eggs may be carefully dropped into the boiling

water, which should not boil violently, as violent boiling breaks up the egg whites. Break each egg separately into a saucer or cup. The water in the skillet or pan should be deep enough to entirely cover the eggs and should be salted. When the whites are set and a "blush" film covers the top, remove the eggs with a skimmer and place them on hot buttered toast, adding a little of the boiling water to the toast to soften it slightly if it is toasted quite hard. Dot each egg with butter and let each person season his own egg.

SCRAMBLED EGGS

Place a well-buttered frying pan over boiling water, drop in as many eggs as you require, one at a time, and when the whites begin to set, run a spatula around the edge of the pan and underneath the eggs, being careful not to break the yolks. When set a little more firmly, break the yolks, add as many tablespoons of cream or rich milk as there are eggs and blend the yolks, whites and cream carefully. This will give the eggs a marbled appearance. Do not let them cook too long. They should not be hard, but slightly liquid. Seasoning (salt, and white pepper, or paprika) should be added when the eggs are first blended. Serve on a hot platter and garnish with parsley sprigs.

FRIED EGGS

Heat an iron skillet and add enough frying fat (vegetable shortening or bacon drippings) so that the hot fat will come up and around the eggs. Drop eggs, one at a time, into the hot fat, and with a spoon dip the fat over the eggs. Lower the heat somewhat, cover the skillet for a few moments, then with a skimmer remove the eggs, drain well and serve at once on a hot platter. If preferred, eggs may be turned and browned on both sides before serving.

SHIRRED EGGS

Butter a shallow baking dish, sprinkle with fine bread crumbs and carefully drop in as many eggs as you will require. Add salt and paprika or white pepper and a tablespoon of cream for each egg. Cover top with seasoned fine bread crumbs. Bake in a rather slow oven (275 degrees F.) for 20 minutes or until the eggs are firm and the crumbs on top are browned.

PLAIN OMELETTE

Allow one egg for each person to be served. Separate the yolks and whites. Beat the yolks until light, add as many tablespoons of cold water as there are eggs and season sparingly with salt and paprika. Beat the whites until stiff and fold

them lightly into the seasoned yolks. Butter a hot skillet and pour in the mixture. Keep the edges and bottom of the omelette loosened with a spatula and, when nicely browned, turn the omelette with a pancake turner. Brown on the other side, then fold over and serve at once on a hot platter with parsley sprigs. Milk may be added to the yolks instead of water if preferred, although water produces a much lighter omelette. Individual omelettes may be also prepared. They are much easier to turn and fold and look attractive on either platter or individual plate. The plain omelette is the foundation for fancy omelettes such as spinach, asparagus, and tomato. A Spanish omelette may be made by pouring Savory Tomato Sauce over the omelette when ready to serve.

EGG SOUFFLÉ

1 cup medium white sauce	**whites of 3 eggs**
1 teaspoon minced parsley	**yolks of 3 eggs**

Beat the egg yolks until light and stir into the hot white sauce. Add the parsley. Let the mixture cool, then fold in the stiffly beaten egg whites. Put the mixture into a greased baking pan (set in hot water) and bake for 45 minutes in a moderate oven (325 degrees F.). This makes a delicious luncheon dish.

CHAPTER X

Meats

Although meat is one of the most expensive items in the food bill it still constitutes the most important part of the dinner menu. By making a study of the various cuts of meat you will find that many of the less expensive cuts can be used to excellent advantage.

In preparing meats for the table two important points should be kept in mind. All the juices should be kept in the meat by searing them over quickly in the skillet, and the meat itself must be made tender by rather slow cooking after the searing process. Roasts should be basted often to keep them moist and to concentrate the flavors. When boiling meat it should be plunged into boiling water and allowed to cook just below the boiling point. Violent boiling toughens the meat tissues. It is best not to add any water to roasts during the first 15 or 20 minutes if the roasts are quite fat. Butter or fat of some sort and a very little boiling water may be added if the meat is very lean. Thorough searing will help make the gravy a richer brown.

When buying meat ask the butcher to include any of the bones that are cut away (as for rolled

rib roasts). These may be used for soups. When you unwrap the meat put it into the ice box on a plate at once. Do not wash meat, but wipe it off with a clean, damp cloth just before preparing it. Do not insert a fork into meat while it is cooking. This lets out the juices. Cook the cheaper cuts of meat for a long time at a low temperature. Try using the internal organs of beef and lamb—such as the heart, sweetbreads, kidneys and liver. Their vitamin content is very high.

Serve Drop Dumplings with stews, Yorkshire Pudding with Roast Beef, fried apples or apple sauce with Roast Pork.

BEEF STEW WITH DROP DUMPLINGS

3 pounds of beef (cheaper cut)
2½ cups potatoes cut in small chunks
1 cup each of cut carrots and turnips
2 medium sized onions
1 can tomatoes
¼ cup flour
salt and pepper to taste
1 tablespoon whole mixed spices

Cut lean meat into one-inch chunks, dredge in flour, and brown quickly in fat. Put browned meat into a kettle of enough boiling water to cover the meat. Let come to a boil, then simmer for two or three hours. Add the vegetables (except potatoes) and the seasonings (tied in a cheesecloth) during last hour of cooking. Add potatoes 20 minutes before stew is done and just before adding the dumplings. If stew is not thick enough, add flour and water rubbed to a smooth paste just

before putting in the potatoes. Cheaper cuts of lamb, mutton, veal or pork may be substituted for the beef, for variety.

DROP DUMPLINGS

1¼ cups flour	2 teaspoons baking powder
1 teaspoon sugar	1 egg
¼ teaspoon salt	1 cup milk

Mix and sift the dry ingredients. Add the beaten egg to the milk and fold into the dry ingredients. Do not beat or stir, but blend lightly. Drop by spoonsful on the stew. Cover tightly and cook for 20 minutes. The batter will be thin, but the dumplings will be very light.

ROAST BEEF

A rib roast of beef may be rolled and tied (with the bones removed) or may be left as a "standing" roast (with the bones). Dredge meat with flour. Sear quickly on both sides in a hot, well-greased skillet. Put into roasting pan with a cup of boiling water, 2 tablespoons butter or other fat, and salt and pepper. Baste frequently. Start meat in a very hot oven (450 degrees F.) for 15 minutes. Reduce heat somewhat (400 degrees F.). Allow 10 to 12 minutes to a pound for a rolled roast, if preferred rare, and 8 to 10 minutes for a standing roast.

Remove from pan. Save 3 tablespoons of the

drippings and make a pan gravy thickened with flour. Serve with

YORKSHIRE PUDDING

1 cup flour
1 teaspoon baking powder
½ teaspoon salt
1 cup milk
2 eggs (whites and yolks separated)
1 tablespoon melted butter

Mix and sift dry ingredients. Add beaten egg yolks, milk and melted butter. Beat well and fold in stiffly beaten egg whites. Put extra drippings from the roast beef into a baking pan. Pour in the batter. Bake in a hot oven (400 degrees F.) for 20 minutes, basting with the drippings after the pudding has risen. Cut in 2-inch squares and serve on the platter with the Roast Beef.

ROUND STEAK EN CASSEROLE WITH VEGETABLES

2 pounds round steak
2 tablespoons fat
1 large carrot
2 potatoes
2 cups beef stock
1 turnip
2 onions
¼ cup chopped celery
1 tablespoon minced parsley
salt and pepper

Cut meat into 3-inch squares. Brown in fat on both sides and season. Scrape carrot, and slice thin. Peel potatoes and turnip and cube. Slice the onions. Add celery and parsley. Put vegetables into casserole. Place round steak squares on top and pour over all the beef stock. Note: 2

bouillon cubes dissolved in hot water may be substituted for the beef stock. Bake in a moderate oven (300 degrees F.) for 2½ hours.

AUNT LOU'S VEAL LOAF

3 pounds raw veal
1 pound lean pork
1½ cups cracker crumbs
½ cup milk
2 eggs
1½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon chopped onion
1 teaspoon chopped parsley
1 cup drained, canned tomatoes

Have the meat chopped. Add the beaten eggs and cracker crumbs, soaked in the milk, and the seasonings. Add tomatoes. Fill a greased loaf pan with the mixture. Lay three or four strips of bacon over the top and bake in a moderate oven (300 degrees F.) for 1½ hours. Turn out of pan on hot platter. Serve with thick tomato sauce made with 2 cups of tomatoes, ½ cup of chopped boiled green pepper, 1 onion sliced thin, 2 tablespoons butter, a dash of cayenne, 1 teaspoon salt, ⅛ teaspoonful pepper and thickened with 1½ tablespoons flour. This sauce should stew slowly and be served on the platter around the veal loaf.

CURRY OF VEAL

1½ pounds lean veal
2 tablespoons butter
1 small onion
2 cups milk
½ cup stewed celery
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon curry powder

Slice the onion and fry in the butter. Remove bits of onion and add the veal cut in small pieces and brown well. Put meat in double boiler, add milk and stewed celery and cook until meat is tender. Add the curry powder ½ hour before meat is done and thicken with flour before serving.

CREAMED DRIED BEEF

½ pound dried beef
2 cups milk
½ cup cream
3 tablespoons butter
4 tablespoons flour
½ teaspoon pepper

Shred the dried beef. Cover with cold water and heat slowly. Simmer gently for 2 or 3 minutes. Pour off the water, add the butter to the beef and cook in skillet until frizzled. Lower heat and mix in the flour until thoroughly blended. Very gradually stir in 1 cup of the milk and mix to a smooth paste. Gradually add the rest of the milk and cream and let simmer for about 20 minutes. Season and pour over triangles of toast. Serve with rice or baked potatoes.

PORK CHOPS EN CASSEROLE

Select lean chops from the rib. Sear the chops in a hot, greased skillet. Make a thickened pan gravy, well seasoned with Worcestershire Sauce. Put the chops into a large casserole. Pour the gravy over them, cover and bake in a moderate

oven (350 degrees F.) for 2 hours. The chops will taste very much like chicken.

BAKED STUFFED PORK TENDERLOIN

4 medium sized pork tenderloins
3 cups poultry stuffing
salt and pepper
butter

Split each loin nearly through. Sprinkle with salt and pepper. Spread poultry stuffing on 2 of the split loins. Cover with the other loins. Tie each 2 loins together. Add bits of butter on top. Put into baking pan, with a half cup boiling water and bake from 50 to 60 minutes, at 350 degrees F., basting frequently. Serve with fried apples or applesauce.

SHEPHERD'S PIE

2 cups diced, leftover meat
1 cup hot gravy
4 cups hot mashed potatoes
1 teaspoon salt
1 cup hot milk
2 tablespoons butter
½ teaspoon celery salt
⅛ teaspoon pepper

Mix seasonings with the potato. Put a layer of the potato in a well-greased baking dish. Mix gravy with meat, put in on top of potato, cover with the rest of the potato and bake in a moderate oven (350 degrees F.) until potato is well browned (about 25 minutes).

BROILED STEAK

Select a T-bone, sirloin or porterhouse steak. Wipe meat with a clean wet cloth, trim off some of

the fat and use the fat to grease the wire broiler. Place steak on broiler under a hot gas flame or over glowing coals. Turn frequently until the meat is well seared to keep the juice from escaping. Lower heat somewhat and broil on both sides until sufficiently cooked (rare, medium or well done, according to the family's taste). Serve on a hot platter, dot with butter and season with salt and pepper. Only tender steaks can be broiled successfully.

ROAST OF FRESH HAM

Select a thick cut from either the center or butt end of a fresh ham. If the bone is removed, the cavity should be filled with a bread, milk and onion dressing to which a very little sage may be added. Dredge meat with flour and season with salt and pepper. Put in roasting pan with a very little boiling water, sear on both sides in a hot oven (400 degrees F.). Lower to moderate heat (350 degrees F.), basting frequently, adding more boiling water or hot cider as liquid is needed. Serve with a thickened pan gravy, cider sauce or grape juice sauce (see chapter on Meat Sauces), candied sweet potatoes, spinach or creamed celery.

STUFFED FRESH PORK SHOULDER

This cut should be boned and rolled and stuffed with the following dressing: Pare, core and chop

1 sour apple, add ½ cup boiled, mashed chestnuts, ½ cup chopped celery, ¼ cup chopped onion and seasoning to taste. (Salt, pepper, grated nutmeg.) Rub meat with fat, put in roasting pan, sear on both sides in hot oven (400 degrees F.), lower heat (350 degrees F.), baste frequently and, if necessary, add a little boiling water. (See time-tables for cooking meats.)

BAKED PORK SURPRISE

Quickly sear loin pork chops in a skillet, cover skillet, lower heat and let simmer for 30 minutes. Place chops in large baking dish with ½ cup pan gravy (pour off fat before making gravy). Mash boiled sweet potatoes, add hot milk and seasonings and ½ teaspoon baking powder and beat until light. Place potato mixture over chops, set in moderate oven (300 degrees F.) and bake until potato is fluffy and browned. Serve with fried apples.

STUFFED FRESH HAM STEAK

Have the butcher cut off two rather thin slices of fresh ham steak. Spread one slice with a mixture of poultry dressing, lay the other slice on top, tie together securely and bake in roasting pan in a moderate oven (300 degrees F.) for 1¼ hours. Serve with cinnamon apple sauce.

BEEF BROTH FOR INFANTS AND INVALIDS

Cut 1 pound of round steak into small pieces, put meat in double boiler, add cold water to nearly cover. Let cook slowly about ¾ of an hour, adding a little salt when partly cooked. Pour broth off of meat and serve with buttered toast.

CREAMED SWEETBREADS

Soak a pair of sweetbreads for an hour in cold water, drain and parboil with chopped celery and parsley for 30 minutes. Let cool in the water in which they were cooked. Remove fat and connective tissue and cut in small pieces. Make a medium cream sauce, add the sweetbreads and ¼ cup of shredded pimientos. Let come to the boiling point and serve in patty shells or on triangles of toast. Garnish with tiny sprigs of parsley.

CHILI CON CARNE

Cut 2 pounds of round steak into small pieces and fry in a skillet with drippings or fat and 1 small onion, sliced. Add 3½ tablespoons flour and 2 cups of chili stock made as follows: Take out all seeds from 2 dried chili peppers. Soak peppers in 1¾ cups of warm water till softened. Scrape the pulp from the skins. Add to the water. Let the meat and chili stock simmer in a

covered sauce pan until tender, or about 2 hours. Season with salt and celery salt while cooking. Keep closely covered. The sauce should be fairly thick when ready to serve.

BAKED MEAT CAKES

Mix seasonings, including chopped parsley, with 2 pounds of hamburg steak. Add 1 pound raw chopped potatoes. Beat an egg, add ½ cup of milk and mix with the meat and potatoes. Form into small balls and sear quickly in a skillet with bacon drippings or fat. Drain, put in a greased casserole, add chili sauce or savory tomato sauce to half cover meat and bake in a moderate oven (350 degrees F.) about 20 minutes.

LUNCHEON PORK PATTIES

Chop 2 pounds of lean fresh shoulder pork in meat grinder, season with salt and pepper and add 3 cups of bread crumbs soaked in milk and pressed dry. (Save milk for gravy.) Bind meat and bread together with slightly beaten egg, form into small patties and fry in butter or other fat until brown. Remove to hot platter, make thickened pan gravy, using milk and flour. Pour gravy around patties and garnish with sprigs of parsley.

CASSEROLE OF PORK—SOUTHERN STYLE

Sear ½ dozen small slices of fresh pork from shoulder cut, put in baking dish with ½ cup of

thin pan gravy. Over these slices pour a mixture of ⅔ cup stewed tomatoes, 1 minced onion, 1 teaspoon salt and 2 cups of boiling water. Cover this layer with a layer of steamed rice, dot with butter and bake in a moderate oven (350 degrees F.) for half an hour.

ARIZONA HOT TAMALES

Boil a fresh ham shank in hot water to cover, until tender, remove lean meat and cut into small pieces. Place meat in kettle, add 1 cup water in which shank was boiled and 1 cup canned tomatoes. Mix 1 teaspoon of chili powder to a paste with a little hot water and add to the meat. Let mixture come to a boil, and add gradually enough yellow corn meal to thicken. Add salt and pepper and cook to the same consistency as corn meal mush. Fill corn husks with mixture, tie securely, plunge into boiling water and let cook for five minutes. Remove, drain and serve piping hot. Makes a good supper or luncheon dish.

BAKED HAM—SOUTHERN STYLE

Place a medium-sized, mildly cured ham in a deep kettle, cover with cold water and bring quickly to the boiling point. Lower the temperature and simmer until tender (from 2 to 3 hours—see time-tables in Chapter III). Remove from kettle, take off the skin, cover the soft fat with

brown sugar and stick whole cloves into the ham, about 2 or 3 inches apart. Put in a roasting pan with a half cup of hot pineapple juice and bake in a moderate oven (350 degrees F.) for about an hour. Garnish with pineapple slices, covered with sugar, browned with the ham a few moments before serving.

HAM SLICE EN CASSEROLE

A slice about an inch and a half thick is best for this purpose. Rub the slice lightly with ground mustard, place in the casserole and cover with sweet milk. Bake for an hour in a moderate oven (350 degrees F.). Thicken the milk and serve as gravy with the ham.

ROAST SPARE RIBS WITH DRESSING

For a family of five, buy 5 pounds of spare ribs and have the bones cracked crosswise, twice. Use any good poultry dressing, wrap the spare ribs around the dressing and skewer them into place. Put into a roasting pan, add half a cup of boiling water, cover the pan to keep meat from drying and roast in a hot oven (400 degrees F.) for 15 minutes, then lower the heat to a moderate oven (300 degrees F.) for 2 hours. Serve with applesauce.

BEST WAY TO FRY BACON

Put bacon slices in a cool frying pan and cook slowly, turning often. Remove from pan when desired crispness is obtained. This method keeps the bacon from shriveling, curling or scorching. Bacon may be broiled by laying the slices on a wire rack under the flame of the gas stove broiler. Cook slowly, turning frequently until the bacon is a light brown and somewhat crisped. Bacon becomes more crisp after removing from the fire, so it is best not to crisp too much in the cooking.

ROAST SHORT RIBS

Sear short ribs in a roasting pan in a hot oven (400 degrees F.) with rib sides down for 15 minutes. Then cover and roast at moderate temperature (350 degrees F.) until tender, allowing about 25 minutes to the pound. An hour before meat is done place chunks of raw potatoes and small onions around the roast and season.

CROWN ROAST OF LAMB

Have the butcher prepare lamb ribs for a crown roast. (About 16 ribs fastened in a circle with the meat from each of the ribs stripped off, chopped and piled in the center.) The ribs should be trimmed off evenly and 2 layers of fat pork strips woven around the ribs, in basket style.

When preparing for the oven, the chopped meat in the center may be taken out, mixed with bread crumbs and seasonings and returned. Place "crown" in a roasting pan, uncovered, and sear in a hot oven (400 degrees F.) for 15 minutes. Lower temperature to 350 degrees F. and finish roasting. Serve with paper frills over each of the rib tops.

CORNED BEEF

After rinsing off the corned beef in cold water, tie securely, put in a deep kettle and cover with cold water. Bring slowly to the boiling point, then reduce the heat and let simmer gently until tender. (See time-tables for cooking meat.) Half an hour before meat is done, add cabbage, cut in chunks. If a regular *boiled dinner* is to be served, add turnips, carrots and onions an hour before serving, and potatoes, cut in quarters, 20 minutes before serving.

BEEF TENDERLOIN (FILLET OF BEEF)

Dredge the tenderloin with flour, salt and pepper and put in roasting pan, without water. Lay several narrow strips of pork fat over the top of the meat. Roast in a hot oven (400 degrees F.) about half an hour for an average-size tenderloin. Serve with savory tomato sauce, onion sauce or mushroom sauce. (See chapter on Meat Sauces.)

HOW TO COOK FLANK STEAK

Score the steak well with criss-cross marks or cuts and sprinkle with salt, pepper and fresh chopped mint. Pour enough vinegar over the steak to soak in and let stand 20 or 30 minutes. Then drain, shake off the mint and broil, searing over quickly on both sides. Lower heat and finish broiling. When serving, dot with butter.

POTTED OX JOINTS

Cut tails at joints, boil in hot water for 5 minutes, rinse off, drain, season and dredge with flour. Brown well in a skillet with butter to which a small onion, sliced, has been added. Put the ox joints into a deep baking pot, add 2 cups of hot water, the skillet brown stock, a can of tomatoes, a cup of diced carrots, 6 or 8 small mild onions, 2 stalks of chopped celery and half a green pepper, minced. Cover and bake slowly (300 degrees F.) for 3 hours. Serve with macaroni and cheese instead of potatoes.

CORNED BEEF HASH

Put cold corned beef through the meat grinder, first removing all gristle and some of the fat. Add the same quantity of cold boiled potatoes finely chopped but not put through the grinder. Season with salt and pepper. Moisten with brown

stock or milk and put in a well-greased skillet. Spread out evenly, lower the heat and let brown very slowly. Turn and brown on other side, then fold over and serve on a hot platter with parsley sprigs. Any left over meat may be made into hash in the same way.

STUFFED HEART

Stuff a well-cleaned calf's heart with the following dressing: ½ cup cracker crumbs, 1 tablespoon melted butter, 2 tablespoons hot water, salt and pepper, a few drops of onion juice and ½ teaspoonful of crushed dried sage leaves. Sew up or skewer the stuffed heart. Season, dredge in flour and brown all over in hot fat in a skillet. Put in a small, deep baking pan, add 1½ cups of boiling water, cover and bake for 2 hours in a moderate oven (300 degrees F.), basting several times. When ready to serve, remove heart to a hot platter. Thicken the stock with flour and a little cold water and pour it around the heart. A cup of fresh, stewed mushrooms may be added to the sauce.

VEAL STUFFED WITH VEGETABLES

Select a flat piece of veal shoulder, weighing about 1½ pounds, and spread the meat with the following vegetables: ½ cup carrots, ½ cup turnips and ½ cup potatoes, cubed, and 1 medium-

sized onion, chopped. Roll up the meat like a jelly roll, put in baking dish, add ½ cup of boiling water and roast in a moderate oven (350 degrees F.) for 1½ hours. When partly roasted season with salt and pepper. Serve with slightly thickened pan gravy.

BEEF TONGUE ROASTED WITH VEGETABLES

Soak a smoked beef tongue in cold water overnight. In the morning put the tongue in a kettle and cover with cold water. Let come to a boil slowly. Boil for four or five minutes, remove the scum and cook slowly until tender, or about 2 hours. When done, let cool in the water, then peel and trim. Place in baking pan, surround with small chunks of carrots and turnips and larger chunks of potatoes and 6 or 8 medium-sized parboiled onions. Add some of the water in which the tongue was boiled. Cover the pan and let roast in a moderate oven (350 degrees F.) until vegetables are tender. Serve the vegetables arranged around the tongue on a hot platter with savory tomato sauce.

CALVES' LIVER AND BACON

Ask the butcher to slice calves' liver about ½ inch thick. Cover the slices with boiling water and let stand 5 minutes to draw out the blood. Drain the slices well, peel off the tough outer

rings of skin and remove any veins. Sprinkle with salt and pepper, cut into pieces suitable for serving, dredge with flour and fry rather slowly in bacon fat. Serve with crisped bacon.

LEFT-OVER LAMB SOUFFLÉ

1½ cups of left-over lamb, cut fine
2 eggs, white and yolks, separated
1¾ cups milk
1 tablespoon flour
salt and pepper to taste
1 tablespoon butter or other fat

To the beaten egg yolks add the milk, dry ingredients and left-over lamb. Cook until somewhat thick, then add the stiffly beaten egg white. Bake in a buttered casserole in a moderate oven (350 degrees F.) 20 minutes.

ROASTED LAMB HEARTS

Roll well washed lamb hearts in flour, season and brown them in hot drippings. Roast in covered pan with sliced onions over them, and 1 cup of canned tomatoes mixed with ½ cup hot water poured around them, in a moderate oven (300 degrees F.) for 2 hours. Baste and add more hot water as needed to keep from drying. Thicken the pan gravy and serve piping hot.

ROAST LEG OF LAMB

Remove some of the fat from the leg, dredge with flour, salt and pepper, put in uncovered

roasting pan in hot oven (400 degrees F.) sear on all sides for 15 minutes. Lower heat (350 degrees F.), add a little hot water, cover the pan and roast until tender. Serve with pan gravy (made after pouring off almost all the fat) and mint sauce. (See chapter on Meat Sauces.)

BREADED VEAL CUTLETS

Cut 2 pounds of veal cutlets into medium-sized pieces and sprinkle with salt and pepper, dip in fine cracker crumbs, then in slightly beaten egg mixed with an equal quantity of cold water. Dip again in cracker crumbs and fry in plenty of fat, slowly, until they are a rich brown. Serve with savory tomato sauce and garnish with lemon quarters.

LAMB CROQUETTES

Grind 1¾ cups of cooked lamb, add 1 teaspoon salt, 1 tablespoon chili sauce, 1 tablespoon stewed diced celery and 2 teaspoons butter or fat. Add enough thick white sauce to bind together, shape into croquettes, roll in cracker meal, beaten egg and again in cracker meal and fry in deep hot fat. Serve with medium white sauce and garnish with sprigs of parsley.

LAMB—CREOLE STYLE

Into a buttered baking dish slice four medium-sized raw potatoes. Season with salt, pepper and

minced onion. Add thin white sauce. On top of this layer, add thin slices of cold roast lamb, season and pour on a small can of tomatoes. Cover with buttered cracker crumbs. Cover and bake for an hour in a moderate oven (300 degrees F.). Uncover and brown for 15 minutes. Serve with peas.

LAMB AND RICE EN CASSEROLE

Into a buttered casserole put 2 cups of hot boiled rice. Push rice toward the sides and fill the center with 1½ cups well-seasoned, diced left-over lamb mixed with a slice of chopped bacon. Add a small can of tomatoes to cover both rice and meat. Cover with buttered cracker crumbs and bake in a hot oven (400 degrees F.) until well heated and browned on top.

LAMB STEW

Select 2 pounds of breast of lamb, cut up in small pieces, sear quickly in fat and put into kettle with enough boiling water to cover meat. Add 1 tablespoon salt, 2 onions, sliced. Let simmer for an hour, then add 7 or 8 potatoes, quartered, and a can of tomatoes. Cook slowly for another hour. Thicken the liquid with flour mixed with a little cold water.

LAMB LOAF

Cook shoulder of lamb slowly until very tender. Remove from bones. Shape meat into a loaf. Place in roasting pan and spread top with a thick layer of well-seasoned poultry dressing. Pour into the pan around the roast 1 cup of the water in which lamb was cooked, baste frequently until loaf is done. Serve with cream sauce and peas, or savory tomato sauce. (See chapter on Meat Sauces.)

MUTTON

In selecting a cut of mutton, see that meat is fine grained and of a rather bright pink color. The fat should be hard, flaky and white. A test for good mutton is to make sure the outside skin will come off easily. Good mutton should be quite fat. The strong flavor of mutton may be for the most part eliminated by taking off the pink skin and trimming off a good deal of the fat.

BOILED LEG OF MUTTON

After trimming, place the meat in a deep kettle and cover it with boiling water. After the meat reaches the boiling point, let boil for a few moments and then skim off the scum that will form. Let the meat just simmer until tender. Add seasoning when about half cooked. Serve with

caper sauce or medium cream sauce to which chopped hard-cooked eggs have been added.

CURRY OF MUTTON

Select mutton cut from the fore quarter. Cut meat in inch pieces and put into a kettle. Cover with cold water and bring to the boiling point, quickly. Then drain, rinse in cold water and return to the kettle and add a quart of water for each 3 cups of meat. Add 2 or 3 medium-sized onions, sliced, pepper and salt and a few sprigs of chopped parsley. Let the meat cook very slowly until thoroughly done and remove to a hot platter. Strain the broth and thicken with a mixture of butter and flour flavored with a half teaspoon of curry and serve this sauce with the meat.

BEEF AND RICE BOILED CROQUETTES

1 cup raw chopped beef
⅓ cup rice
½ teaspoon salt
tomato sauce
dash of cayenne
¼ teaspoon pepper
cabbage leaves

Mix the meat, well-rinsed uncooked rice and seasonings. Boil cabbage leaves for 3 minutes and drain. Put 2 tablespoons of the mixture in each cabbage leaf. Roll up and tie or fasten with small skewers. Cook slowly for an hour in savory tomato sauce. Serve hot.

LAMB CROQUETTES

1 small onion, chopped
2 tablespoons butter
2 tablespoons flour
1 cup hot meat stock
1 cup diced cold lamb
⅔ cup diced cold potatoes
salt and pepper to taste
1 teaspoon minced parsley

Brown the butter with the onion. Remove onion, add the flour (thoroughly blended with the hot stock) and cook 3 minutes. Add meat, potatoes and seasonings. Simmer gently for 10 minutes. Add parsley and let cool. Shape into croquettes, dip in cracker meal, egg (beaten and diluted with 2 tablespoons cold water), then in cracker meal again. Fry in deep hot fat in a wire basket. Drain and serve with hot tomato sauce. Cold veal or chicken may be substituted for the lamb.

STEAK ROLLS WITH BACON

1 pound top round steak (sliced thin)
½ pound bacon
½ teaspoon salt
¼ teaspoon pepper
3 cups water
2 tablespoons flour

Remove fat from meat. Arrange strips of bacon on top of meat and cut meat same size as bacon strips. Roll together and fasten ends with toothpicks. Sear the rolls with hot drippings. Drain and arrange in a baking dish. Set in a moderate oven and add enough water so that the meat rolls will simmer. When done, thicken the stock for gravy.

OLD-FASHIONED HASSENPFEFFER

Cut two carefully cleaned rabbits into small pieces. Salt and lay in stone jar. Add 1 teaspoonful mixed spices, three sliced onions and a slice of lemon. Cover rabbits with a mixture of vinegar and water (half and half). Let stand two days. Drain and put into a kettle and boil until tender. Serve hot with the following gravy: Brown 1 tablespoon butter, 3 tablespoons flour and 1 teaspoon sugar, in a pan, add 1½ cups of stock rabbits were cooked in. Soak six ginger snaps well with the gravy and strain through a fine sieve. Pour the gravy over the rabbits and boil five minutes. Serve hot.

RABBIT WITH VEGETABLES

Cut up a rabbit, wash and soak in salted water for several hours. Drain, dry off, dredge with flour and fry a delicate brown. Put into baking pan with 3 tablespoons drippings. Lay chunks of carrots, potatoes and 4 or 5 onions over and around the meat. Bake in a moderate oven until meat is tender and vegetables are browned.

RABBIT FRICASSEE

Wash and thoroughly clean a good-sized rabbit and dry with a clean cloth. Cut into pieces suitable for serving, season and dredge in flour.

Brown the meat quickly in a very hot skillet with bacon drippings. Add 1½ cups boiling water. Cover skillet tightly and let simmer until tender. When ready to serve, thicken the stock for gravy. Add more water if necessary.

HOMINY AND HAM—SOUTHERN STYLE

2 tablespoons butter
2 tablespoons chopped onion
2 sweet red peppers
2 tablespoons chopped parsley
1 cup chopped, cooked ham
1½ cups cooked hominy

Melt the butter in a skillet. Add the peppers, parsley and onion and brown. Add the hominy, season to taste. Stir in the ham and when thoroughly heated serve on a hot platter, garnished with parsley sprigs.

HAMBURG DINNER

2 cups raw hamburg steak
2 cups sliced raw potatoes
1 cup sliced raw onion
1 small can tomatoes
1 cup sliced green peppers
1 cup uncooked rice

Put layers of the ingredients into a well-greased casserole. (Layer of potatoes first and layer of tomatoes last.) Bake, covered, in a slow oven (250 degrees F.) for 2½ hours. Small salad portions and a fruit dessert complete a very appetizing and nourishing meal.

LAMB HASH WITH GREEN PEAS

2 cups chopped left-over lamb
2 tablespoons butter
1 cup potato cubes
1 cup cooked green peas
1 teaspoon salt
1 tablespoon minced onion
⅛ teaspoon pepper
1 cup left-over gravy or lamb stock

Melt butter, add onion and brown. Add other ingredients and when well mixed put into a greased shallow baking dish in a moderate oven (350 degrees F.) for ¾ of an hour. Serve with caper sauce. (See chapter on Meat Sauces.)

CHAPTER XI

Vegetables

Scientists tell us that vegetables in the diet are necessary for bodily growth and health, and so it is important to give a great deal of thoughtful consideration to the skillful preparation of the various vegetables our gardens and markets offer.

Vegetables contain vitamins, mineral salts, and bulk, and should be included in every menu for the successful balancing of a meal. Vegetables also contain starches and natural sugars which provide body heat and energy. Some of the vegetables, such as beans and peas, are unusually rich in proteins and are often served as meat substitutes. Children ought to be encouraged to eat vegetables at an early age. Strained tomato juice is often alternated or substituted for orange juice after the third month and throughout the first year.

Sweet-juiced vegetables, such as peas, beans, corn, carrots, potatoes, tomatoes, parsnips and squash, should be cooked slowly and kept closely covered in as small an amount of boiling water as possible to avoid the escape of flavor through evaporation. Never throw away the water in which vegetables are cooked. Use it as the foun-

dation for soup or vegetable sauce. The strong-juiced vegetables, like onions, cauliflower, cabbage and turnips, should be cooked rapidly in a large quantity of boiling water, in some cases changing the water once or twice if the vegetables are very strong.

BAKED BEANS

1 quart navy beans	⅓ cup brown sugar
2 quarts cold water	⅓ cup molasses
2 teaspoons salt	1½ teaspoons mustard
¼ teaspoon pepper	¼ pound salt pork

Wash the beans thoroughly and let soak over night. Cook in boiling water and let simmer two hours, or until skins are tender. Drain and place a layer in a greased bean crock. Sprinkle with salt, pepper, mustard, and sugar, repeating the process until materials are all used. Place salt pork, sliced, on top. Add the molasses and enough hot water to cover beans. Bake in a moderate oven until well browned.

MASHED POTATOES

Select eight medium-sized potatoes, scrub and pare them. Put into a porcelain kettle with salted boiling water to cover. When potatoes are well done, drain off the water (saving this water for bread making or for a part of a vegetable soup stock). Mash until free from lumps. Add 3

tablespoons of butter, ½ tablespoon salt, ⅛ teaspoon white pepper, ½ cup of hot milk or cream, and ½ teaspoon baking powder. Beat all together until light, reheat and serve in a hot vegetable dish.

BAKED POTATOES

Select Idaho potatoes of uniform medium size. Scrub thoroughly, rub the skins with butter or other fat and bake in a moderate oven until tender—about an hour. Baked potatoes may be stuffed in this way: When done, cut off one end of each potato, scoop out the inside and mash and beat the potato with butter, seasoning, cream and a little baking powder. Fill the potato skins with this mixture, return to the oven and continue baking until the surface of the potato mixture is nicely browned. Sweet potatoes may be baked and stuffed in the same way.

BAKED SQUASH

Cut a squash into quarters and cut the quarters into pieces about three inches square. Cut out all seeds and pith. Place in a baking pan (outer side down), dot squash with bits of butter and bake in a moderate oven (350 degrees F.) until tender, or about an hour.

STUFFED TOMATOES

Cut part of the tops off of medium-sized ripe tomatoes. Scoop out centers. Let the tomato cups drain, inverted, while the stuffing is mixed. Several mixtures are suggested for stuffing the tomatoes. (1) Mix twice as much diced chicken as soft bread crumbs, a little melted butter, seasoning to taste, minced parsley and cream, to soften. (2) Equal parts cooked spaghetti and tomato pulp mixed with butter and seasonings. Fill tomato cups and bake in a moderate oven (350 degrees F.), basting occasionally with melted butter and hot water, until tomato cups are tender and tops browned.

STUFFED GREEN PEPPERS

Cut sweet green peppers in half, remove all seeds and pith, and parboil in two waters for 10 or 15 minutes. Drain and stuff with a mixture of tomatoes (stewed with chopped celery, onion, a little sugar, butter, bread crumbs, and salt to taste). Bake in a moderate oven (350 degrees F.) until browned on top.

BAKED TOMATO HOMINY

2 cups hominy
2 cups canned tomatoes
½ cup grated cheese
bread crumbs, salt and paprika

Place hominy in a well-greased baking dish, add tomatoes and cover with fine bread crumbs and cheese, seasoning each layer. Bake in moderate oven (350 degrees F.) for half an hour. Serve hot.

POTATO PUFF

2 cups mashed potato
1 egg (white and yolk separated)
2 tablespoons butter
¾ cup rich milk

Beat the egg yolk, add the mashed potato, beating thoroughly. Finally, fold in the stiffly beaten egg white and bake at 350 degrees F. in a buttered casserole until well browned.

FRENCH FRIED POTATOES

Pare five medium-sized white potatoes and cut lengthwise into long thin pieces (about 15 pieces to a potato). Let stand in very cold, salted water. Rinse, then dry in a clean white cloth. Put potatoes into a wire frying basket and plunge into hot, deep fat. (Fat should be hot enough to brown a bit of bread in a minute and a half.) Drain on brown paper, sprinkle lightly with salt and serve at once. *Shoestring potatoes* are prepared in the same way, except that the raw potatoes are cut into narrow strips.

FRENCH FRIED ONIONS

Use any mild, large onions. Peel and slice, crosswise, about a quarter inch thick. Sprinkle

lightly with salt, dip slices in a mixture of one slightly beaten egg and ½ cup of cold water, then dip them in cracker meal and fry as you would French fried potatoes.

CANDIED SWEET POTATOES

Select half a dozen medium-sized sweet potatoes. Boil in salted water for ten minutes. Drain, cut in quarters, lengthwise, and put into a buttered baking pan. Make a syrup out of ½ cup brown sugar and 4 tablespoons water. Boil syrup 3½ minutes and add 1 tablespoon butter. Pour the syrup over the potatoes and bake for 15 minutes in a moderate oven, basting once or twice with the syrup.

CREAMED POTATOES

Dice cold boiled potatoes, combine with medium white sauce and season. Do not use black pepper, as it gives the potatoes a specked appearance. Shredded pimientos lend a pleasing touch of color and flavor. Grated cheese may be combined with creamed potatoes for variety. A dash of paprika and a tablespoon of minced parsley may be added to the white sauce.

BEAN LOAF

2 cups cooked navy beans
1 cup bread crumbs
1 egg
1 tablespoon minced onion
2 tablespoons tomato catsup
salt and pepper

Beat the egg and add to the other ingredients. Shape into a loaf and bake in a moderate oven (350 degrees F.) for 25 minutes. Cooked split peas may be substituted for navy beans.

BAKED CAULIFLOWER

Remove outer leaves of a medium-sized cauliflower, clean thoroughly and cook whole with stem up, in salted boiling water for 10 minutes. Drain carefully and put cauliflower in a well-greased baking dish. Pour a medium white sauce over the cauliflower, sprinkle the top with grated cheese and bake in a moderate oven (350 degrees F.) for 20 minutes.

SCALLOPED POTATOES

4 large, raw potatoes
2 cups milk
¾ cup grated cheese
salt and paprika

Slice raw potatoes thin. Arrange in layers in a buttered baking dish, sprinkling each layer with cheese and seasonings. Pour on the milk and bake in a slow oven (250 degrees F.) for an hour.

BAKED ONIONS

Peel half a dozen medium-sized onions, cut a small piece off both ends, arrange in a baking dish and spread with a mixture made of 2 tablespoons soft butter, juice of half a lemon, ½ teaspoon salt and ⅛ teaspoon white pepper. Sprinkle buttered

bread crumbs over onions and bake for 45 minutes in a moderate oven (350 degrees F.), basting several times.

STUFFED ONIONS

6 medium sized, mild onions
3 tablespoons minced, left-over ham
2 tablespoons chopped green peppers
½ cup stale bread crumbs
⅔ cup milk
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter
1 cup buttered bread crumbs

Peel onions under cold water. Cut slice from top of each and parboil onions until nearly tender. (If onions are strong, use two waters for parboiling.) Drain, scoop out centers, chop the onion from the centers and mix with the stale bread crumbs, peppers and ham. Add the seasonings and fill the onion cups. Set them close together in a baking dish, cover with the buttered bread crumbs and add the milk. Bake at 350 degrees F. until tender and well browned.

SCALLOPED CABBAGE

1 small head white cabbage
1 teaspoon salt
8 thin slices of left-over ham, browned and broken into bits
½ green pepper, minced
1 cup buttered bread crumbs
½ cup grated cheese
2½ cups medium white sauce

Cut the cabbage into chunks and boil in salted water for ten minutes. Place in a well-greased

baking dish, layers of cabbage, white sauce, ham bits, green pepper and cheese, and repeat until all ingredients are used. Sprinkle top with a mixture of buttered crumbs and grated cheese and brown in a moderate oven (350 degrees F.).

STRING BEANS—SOUTHERN STYLE

Wash a quart of green or wax beans, string and cut them diagonally into inch-long pieces. Cook in enough salted boiling water to cover until tender. Drain, saving ½ cupful of the water for the following dressing:

2 tablespoons clear drippings
¼ cup mild vinegar
½ cup liquid from beans
1 tablespoon flour

Melt drippings, blend with the flour, then add the vinegar and liquid. Let simmer until the mixture thickens and pour over the beans. Serve hot.

CREAMED LIMA BEANS

Clean and soak a quantity of dried lima beans. Let cook slowly in boiling water (to which a pinch of soda has been added). Cook until skins begin to crack, pour off water and add fresh boiling water to cover, simmering gently until beans are soft but not soft enough to fall to pieces and until the water is nearly boiled away. Add enough cream to make a good sauce, simmer a few min-

utes in the cream, add salt to taste and a dash of paprika before serving

AUNT POLLY'S LIMA BEAN LOAF

1 cup dried lima beans
2 cups bread crumbs moistened in milk
2 eggs
1 teaspoon salt
¼ teaspoon white pepper
¼ teaspoon grated nutmeg
2 tablespoons butter

Wash, soak and parboil beans as for Creamed Lima Beans. Drain and add moistened bread crumbs, beaten eggs and seasoning. Mix well, put in a small loaf pan, dot top with butter and bake in a moderate oven (350 degrees F.) until well browned and firm. Serve on hot platter with savory tomato sauce. (See chapter on Sauces.) Garnish with parsley. This makes an excellent meat substitute.

BAKED CARROTS

Wash and scrape a dozen medium-sized carrots. Cut in narrow, lengthwise strips. Put in baking pan with just enough water to keep them from scorching. Add sugar, salt, pepper and a generous lump of butter. Bake in a moderate oven (350 degrees F.). Serve hot.

GERMAN RED CABBAGE

1 medium red cabbage
2 cups water
2 tablespoons butter
½ cup vinegar
½ cup sugar
1 tablespoon flour
½ cup water

Boil the cabbage, shredded fine, with the water and butter for about two hours, adding water to replace that which boils away. When done, add vinegar, sugar, salt and flour and water, rubbed to a paste. Boil five minutes and serve.

FRIED TOMATOES

4 medium sized tomatoes — 1 egg
Fine dry bread crumbs — ¼ cup milk

Wash tomatoes and slice crosswise into three thick pieces. Sprinkle with salt, pepper, and a little sugar and roll in fine dry crumbs. Beat the egg, add the milk, dip the slices in this, dip again in crumbs and fry in deep fat. Drain and serve at once.

FRIED GREEN TOMATOES

Select large tomatoes just before they are ripe. Cut ½ inch thick slices, roll in cracker meal and fry in enough fat to cover the bottom of the pan about ¼ inch. Cook until brown on both sides. Do not peel the tomatoes.

SCALLOPED BRUSSELS SPROUTS

Wash thoroughly one quart Brussels sprouts and let them stand in cold, salted water for half an hour. Cook in enough boiling, salted water to cover (leaving the lid off). When tender, drain off most of the water. Cover the bottom of a well-

greased casserole with buttered bread crumbs, add half of the sprouts, then a layer of crumbs and the rest of the sprouts. Pour two cups of medium white sauce over this and sprinkle the top with buttered crumbs. Bake in a moderate oven (350 degrees F.) until top is well browned. Boiled cabbage may be substituted for the sprouts.

HOW TO MAKE SAUERKRAUT

Select 10 medium-sized heads of white cabbage, wash thoroughly, cut the heads into quarters and shred with a vegetable cutter. Use a large, well-scalded crock and put in several inches of shredded cabbage. Over this sprinkle a layer of salt. Stamp this well with a wooden masher and continue with layers of cabbage and salt. (Ten cabbages will require about two cups of salt.) When the crock is nearly full, cover it with a clean cloth. Over this place a small board and on top of that a weight (stone, brick or other heavy article). Set the crock in a cool place. In a few days juice will form and when a scum rises it should be removed at once. As sauerkraut juice is considered a great appetizer and health food it should never be thrown away but strained and set away in a cold place in glass jars. When removing a portion of kraut, always replace the old cloth with a fresh, clean one and cover the crock as before with a board and weight.

For best food value sauerkraut should never be

boiled long, at high temperature, as cooking destroys the vitamin content. Just heat kraut and it is ready to eat when served as a vegetable. Baked dishes that include kraut require longer cooking, but in this method the kraut juices are absorbed by the other ingredients. In boiling, the vitamins and aromas are boiled away into steam.

SAUERKRAUT ROAST

2 cups drained sauerkraut
1 cup chopped shelled peanuts
1 chopped onion
1 cup tomato soup
1 cup grated cheese
1 cup fine bread crumbs
1 tablespoon butter
salt and pepper to taste

Mix the ingredients, shape into a loaf and bake in a moderate oven (350 degrees F.) for half an hour. Serve with savory tomato sauce. (See chapter on Sauces.)

SAUERKRAUT CUTLETS

2 cups drained sauerkraut
1 cup fine bread crumbs
2 eggs, well beaten
1½ cups broken nut meats
⅛ teaspoon salt
⅛ teaspoon paprika
½ tablespoon butter

Heat the kraut. Mix the other ingredients with the hot kraut and let stand until cold. Shape into cutlets or small cakes, dip quickly into milk, then in cracker meal mixed with ground nut meats. Fry in a hot, well-greased skillet or in a wire basket, in deep hot fat. Serve with white sauce

to which a teaspoon of minced green pepper has been added.

CAULIFLOWER WITH TOMATO SAUCE

Soak a medium-sized head of cauliflower in cold, salted water for half an hour. Drain and boil in salted water until tender. Prepare one cup of well-seasoned thick white sauce, add one cup of stewed tomatoes or thick tomato soup and pour this over the cauliflower just before serving.

STEAMED CARROTS

Select small carrots for steaming. Wash, scrape and cut enough of them into thin slices to fill two cups. Melt 1½ tablespoons of butter, add the carrots, 1 tablespoon minced onion, ½ teaspoon salt and ⅛ teaspoon white pepper. Steam, covered, at low temperature until tender. Serve hot.

CAULIFLOWER AU GRATIN

Soak a medium-sized head of cauliflower in cold, salted water for ½ hour, drain and cook in boiling, salted water until tender. Drain, break up into flowerets, put into a greased baking dish and pour 2 cups of medium white sauce over it. Sprinkle ½ cup of grated cheese on top and bake in a hot oven for half an hour.

CREAMED CELERY

Wash a large bunch of celery (cutting away discolored parts), and cut stalks in half-inch lengths. Cook slowly in salted, boiling water to cover until tender. When done, the water will be nearly boiled away. Do not drain, but add one cup of thick, well-seasoned white sauce. Heat thoroughly and serve at once.

FRIED EGGPLANT

Cut an eggplant into thin slices. Sprinkle each slice with salt. Pile slices on each other in a plate and let stand with a plate or other weight on top for half an hour or until the juices begin to run out. Wash off the slices in cold water, drain well, dip into cracker meal, then into slightly beaten egg diluted with two tablespoons cold water, and again dip into cracker meal. Fry in plenty of fat in a hot skillet, browning well on both sides or fry in deep, hot fat. Drain and serve at once. Eggplant may be pared before slicing.

BAKED EGGPLANT

Wash a medium-sized eggplant and cook it in boiling water for 10 minutes. Remove from water, cut off top, scooping out the inside and chopping it into small pieces. Add to the chopped pulp 2 cups of dried bread crumbs, ½ cup milk, 1

teaspoon salt, ⅛ teaspoon pepper, 2 tablespoons chopped onion, 1 tablespoon minced parsley and 2 tablespoons melted butter. Mix well and refill the eggplant shell with the mixture. Bake in a small baking pan in a moderate oven (350 degrees F.) for half an hour and serve hot.

SCALLOPED EGGPLANT

Peel a medium-sized eggplant and cut it up into half-inch pieces. Cook gently in boiling, salted water until tender and drain. Into a well-greased baking dish put a thin layer of dried, buttered bread crumbs. Add half the eggplant, dot with butter and season. Then add another layer of bread crumbs, eggplant and seasonings. Pour 1½ cups of milk over it and sprinkle the top with a thin layer of buttered crumbs. Bake in a moderate oven (350 degrees F.) for half an hour or until top is well browned.

CORN ON THE COB

Husk the corn, carefully remove the silk and place the ears in a kettle of boiling water to well cover them. Add 1 teaspoon of salt for each quart of water used. Bring to boiling point, boil, covered, for 5 minutes, remove corn to a platter, cover with a linen napkin and serve at once. Corn on the cob is made more delicious by boiling the ears in milk or part milk. This "corn milk" may

be used as the foundation for a delicious cream of vegetable soup. Corn on the cob is more digestible if each row of kernels is cut through with a sharp knife before it is buttered and seasoned. When boiled corn is not to be eaten from the cob, corn pulp may be prepared by cutting through each row of kernels and then scraping the kernels off the cob with the dull edge of a knife, drawn downwards. This pulp should be seasoned with salt, pepper and butter and reheated in a double boiler.

CORN SOUFFLE

Corn soufflé is a dainty, appetizing dish that often takes the place of meat. It makes an excellent luncheon dish. Mix 2 cups of green corn pulp or 2 cups of canned corn with 2 tablespoons melted butter, seasoning to taste, 2 tablespoons flour and ¼ cup of milk. Separate the yolks and whites of two eggs, add the yolks to the corn mixture, then beat the whites very stiff and fold them in. Put the mixture into a well-greased baking dish, set in a pan of hot water and bake in a moderate oven (350 degrees F.) for 40 minutes.

CORN FRITTERS

2 cups canned corn
2 eggs, well beaten
1 teaspoon brown sugar
1 teaspoon salt
⅛ teaspoon white pepper
1 tablespoon melted butter
¾ cup flour
1 teaspoon baking powder

Mix the corn and seasonings with the eggs and add them to the sifted flour and baking powder. Fry in the butter, in a hot skillet, browning well on both sides. Serve at once, either plain or with maple syrup.

BOILED ASPARAGUS

Cut off the lower parts of asparagus stalks that are not tender, wash thoroughly, remove scales and cook, covered, in boiling, salted water for 15 minutes or until stalks are soft. Drain, serve seasoned with salt, pepper and butter, or on buttered toast with medium cream sauce. Asparagus may also be cut into inch pieces before boiling and served in vegetable dishes with cream sauce.

BOILED GREEN PEAS

Shell peas, cover with cold water and let stand for half an hour. Drain and cook in a small quantity of boiling water to which a teaspoon of sugar has been added. Salt should be added only a few moments before peas are done. When done, water should have nearly boiled away. At no time should green peas boil violently. Season the peas with salt, white pepper and butter and serve with the juice left in the kettle. For creamed peas, add medium white sauce, reheat and serve at once.

BOILED SPINACH

Spinach is now in the market the year around and is one of the most important vegetables to

serve because it supplies the blood with mineral salts, primarily iron. To prepare spinach (or any other greens such as dandelion, beet tops, and kale) wash thoroughly, removing any decayed parts and long roots. Wash several times in cold water or until the leaves and stems are free from grit. Pile the spinach in a large kettle, add only enough boiling water to keep it from burning and cook, covered (turning often with a long-handled fork) for about 12 minutes. Spinach, as it cooks, will develop its own juice so it is not necessary to add much water. When nearly ready to serve, add salt, pepper and butter. Vinegar or lemon juice may be served with spinach, at the table. Spinach may be served as it is cooked or chopped fine or put through a colander or ricer. Sliced or quartered hard-cooked eggs usually form an appetizing garnish for spinach.

SPINACH CROQUETTES

Mix together 1¼ cups of finely chopped and well-drained cooked spinach, 1 finely chopped hard-cooked egg, 1 teaspoon salt, ⅛ teaspoon pepper and one well-beaten egg. Form into flat cakes, cover with cracker crumbs, and brown in smoking-hot deep fat. Serve with cream sauce and a dash of paprika.

CREAMED PARSNIPS

Clean and scrape 4 or 5 medium-sized parsnips and cut them into half-inch dice. Cook in enough boiling, salted water to cover until they are tender, then drain. Add 1 cup medium white sauce, reheat and serve at once.

FRIED PARSNIPS

Clean, scrape and cut parsnips lengthwise into thick slices. Cook in boiling, salted water until tender. Drain and fry in butter or butter substitute until nicely browned on both sides.

SCALLOPED TOMATOES

Into a well-greased baking dish put first a layer of cracker crumbs, next a layer of canned tomatoes, spinkle with salt and pepper and dot with butter. Add another layer of crumbs, and the rest of the tomatoes, seasonings and butter. Sprinkle buttered cracker crumbs on top and bake in a hot oven (400 degrees F.) until crumbs are well browned on top.

CREAMED TURNIPS

Prepare either white or yellow turnips by cleaning and peeling them and cutting them in half-inch dice. Cook until tender in salted, boiling water. Drain, add medium white sauce, reheat and serve at once.

CHAPTER XII

Sauces for Fish, Meats and Vegetables

Most fish, meats and vegetables are improved in flavor and appearance and nutritive value by the addition of just the right sauces. "White Sauce" forms the basis of many more elaborate sauces. If the secrets of white sauce making are once learned it is not difficult to add the various special ingredients that produce unusually attractive and appetizing results. In a general way it is best to serve rich sauces for plainer dishes and simple sauces for the more elaborate and richer foods. In making sauces it is well to remember to very carefully blend the fat and the flour (or other thickening material) with the liquid, to produce a smooth consistency and to add the seasonings just at the right time, according to the type of food for which the sauce is made. Lumpy sauce or white sauce seasoned with black pepper greatly detracts from its appearance. The following chart will help you to successfully produce thin, medium, thick and very thick white sauce. When making white sauce use fresh butter or pure vegetable shortening and season with white pepper to avoid black specks.

WHITE SAUCE CHART *

Materials	*Thin*	*Medium*	*Thick*	*Very Thick*
Butter or butter substitute	1 tablespoon	1 tablespoon	1 tablespoon	2 tablespoons
Flour	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Salt	½ teaspoon	½ teaspoon	½ teaspoon	½ teaspoon
Pepper	1/16 teaspoon	1/16 teaspoon	1/16 teaspoon	1/16 teaspoon
Milk	1 cup	1 cup	1 cup	1 cup

EGG SAUCE

Add 1 rather finely chopped hard-cooked egg and 1 teaspoon of minced parsley to 1½ cups of medium white sauce. Serve with fish, mutton, croquettes, etc.

NUT AND RAISIN SAUCE

2 tablespoons butter
4 tablespoons flour
3 cups hot meat stock
1 cup chopped seeded raisins
½ cup chopped nuts (almonds preferred)
1 tablespoon sugar
¼ cup lemon juice

Blend the butter, flour and stock and stir constantly over fire until the mixture thickens. Then add the raisins, nuts, sugar and lemon juice and season with a very little salt and white pepper.

* Melt the butter or butter substitute, add the flour, gradually, then the salt and pepper and blend into a smooth paste. Add the milk slowly and when well mixed bring to the boiling point while stirring (to avoid lumps). Continue to cook for 10 minutes in a double boiler and keep covered until ready to serve.

Serve with boiled beef tongue, baked hearts, corned beef, etc.

HOLLANDAISE SAUCE

½ cup butter
½ teaspoon salt
2 egg yolks
½ cup boiling water
2 teaspoons lemon juice
dash of cayenne

Blend the butter and salt, add the egg yolks, well beaten, mix with the boiling water and let gradually come to the boiling point, stirring constantly to keep smooth. Just before ready to serve, add lemon juice and cayenne. An excellent sauce to serve with fish, vegetables or croquettes.

CURRY SAUCE

2 tablespoons butter
2 tablespoons flour
1 teaspoon curry powder
½ teaspoon salt
2 cups hot meat stock
1 small onion, sliced

Brown the onion in the butter. Remove onion. Blend the flour, curry powder and salt with the hot stock, pour into the browned butter and stir until it thickens. ½ cup of chopped seeded or seedless raisins may be added. Serve with lamb, meat loaf, meat or vegetable croquettes, etc.

RAISIN SAUCE

2 tablespoons butter
2 tablespoons flour
½ cup seedless raisins
2 cups sweet cider
¼ teaspoon salt
⅛ teaspoon grated nutmeg

Blend the flour and butter, add the cider and stir constantly over a low fire until the mixture thickens. Add the raisins and salt last and serve hot with baked ham or tongue.

MUSTARD SAUCE

3 tablespoons butter
3 tablespoons flour
1½ teaspoons powdered mustard
1 cup hot meat stock
1 cup hot milk
1 teaspoon lemon juice

Blend the butter with the flour and mustard. Add the hot stock, then the hot milk and add the lemon juice, mixed first with a little of the sauce. Serve hot with smoked pork.

HORSERADISH SAUCE

1 teaspoon powdered mustard
1 tablespoon lemon juice
3 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper
⅓ cup freshly grated horseradish

Blend the ingredients carefully and serve cold with boiled or roast beef or veal chops. The sauce should be medium thick.

MINT SAUCE

¼ cup chopped fresh mint
1 tablespoon powdered sugar
½ cup mild vinegar

Mix the vinegar and sugar and when thoroughly dissolved pour over the mint. Let stand for half an hour before serving.

DRAWN BUTTER SAUCE

3 tablespoons butter
3 tablespoons flour
1½ cups boiling water
½ teaspoon salt
dash of cayenne

Blend half of the butter with the flour and seasonings and gradually add the hot water, stirring until smooth. Boil slowly for 5 minutes and add the rest of the butter. Serve hot with fish.

BROWN SAUCE

2 tablespoons butter
3 tablespoons flour
1 cup brown stock
1 slice of onion
¼ teaspoon salt
⅛ teaspoon pepper

Brown the onion in the butter. Remove onion, add flour and seasonings until well blended and brown. Add the stock gradually. Stir until smooth and let slowly come to a boil. Serve hot with cold meats, fish, croquettes or vegetables.

SPANISH SAUCE

½ cup chopped raw ham
½ cup chopped celery
½ cup chopped carrots
1 tablespoon minced onion
1½ tablespoons butter
¼ cup flour
1⅓ cups brown stock
⅔ cup stewed tomatoes
salt and pepper to taste

Cook vegetables, butter and ham until browned. Add the flour mixed with the stock and the tomatoes. Let simmer 5 minutes. Add seasonings and serve hot with meat loaf, omelets, croquettes, etc.

CAPER SAUCE

1 tablespoon butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon white pepper
1 cup hot meat stock
2 tablespoons capers

Blend the butter, flour and salt, add the stock slowly until the mixture is smooth and put in the capers. Serve hot with mutton, lamb or fish.

FRESH MUSHROOM SAUCE

Peel ¼ pound of mushrooms, thinly slice the caps and fry in 1½ tablespoons butter until slightly browned. Chop the stems, add the peelings, cover with water and let boil slowly for 15 minutes, strain off and save the stock. Blend 2 tablespoonfuls of flour with ½ cup of milk, add the stock. Bring to the boiling point and add the browned mushrooms. Stir constantly and season with salt and white pepper. Let cook covered in double boiler for five minutes and serve very hot. Mushroom sauce may be served with beefsteak, beef tenderloin, roast veal, etc.

CHEESE SAUCE

Add ½ cup grated American cheese to 1½ cups of medium white sauce. Stir until the cheese is melted and serve hot.

PARSLEY SAUCE

Add 3 tablespoons minced parsley to 1½ cups of thin white sauce. Serve hot with fish, croquettes, etc.

SAVORY TOMATO SAUCE

1 small onion chopped fine
1 tablespoon pimientos or minced green pepper
1½ tablespoons flour
2 tablespoons butter
1 cup stewed tomatoes
⅓ teaspoon salt
⅛ teaspoon paprika
1 teaspoon Worcestershire Sauce

The onion should be fried until almost brown. Then add the chopped pimiento or green pepper and cook for a couple of minutes. Then stir in the flour and add the stewed tomato, slowly. Bring these ingredients to a boil and let boil at least three minutes. Then add salt, paprika, and Worcestershire Sauce. Stir thoroughly and when ready, pour over the top of meat loaves, etc.

MUSTARD SAUCE

3 tablespoons butter
3 tablespoons flour
1½ teaspoons dry mustard
1 cup hot meat stock
1 cup hot milk
1 teaspoon lemon juice

Blend the butter with the flour and mustard. Add the hot stock and stir over the fire until it boils. Next, add the milk and finally the lemon juice carefully, just before serving. Serve with boiled fish.

CHAPTER XIII

Bread Making and Sandwiches

Bread making is an art that has developed gradually through the centuries, probably originating in Egypt. To-day we have the perfected loaf of white bread, brown bread, whole wheat bread, rye bread and many other varieties of bread. Homemade bread, when properly made, is a wholesome, delicious food. Bread forms an essential part of the every-day diet in every family and many homemakers prefer making their own bread or at least a part of the bread served on their tables. The recipes given in this chapter offer a variety of breads that will bring successful results if followed carefully.

Bread may be made with either compressed or dry yeast. Compressed yeast spoils in a few days and before using it should be tested for freshness. Fresh yeast should break crisply, have an even, very light tan color, and a clean, yeasty smell. Bread can be made much more quickly when compressed yeast is used because the yeast is in an active state. Although the use of dry yeast means a longer process, it has the advantage of keeping in perfect condition for a long time.

The two most important points to remember in

making bread are temperature and fermentation. It is always safest to use a thermometer in testing the dough. The ideal temperature for yeast growth is said to be from 80 to 82 degrees Fahrenheit, and this temperature should be kept all through the process of fermentation. An ordinary dairy thermometer may be used for this purpose. Fermentation means the "rising." If fermentation is not continued long enough, bread will be heavy. If fermentation continues too long, bread will be too light and full of holes.

Dough should be kneaded quickly and lightly and kneaded only long enough to produce a smooth and elastic dough. If many loaves of bread are baked, a bread mixer will prove a real labor-saver.

When baking bread, use an oven thermometer for best results. If you haven't an oven thermometer, the old time oven test will be found safe. Put a piece of white tissue paper in the oven. If in 5 minutes the paper turns to a golden brown the temperature is just right for bread.

Forty-five minutes to an hour is generally conceded to be the correct time for baking bread, the time depending on the size of the loaf and the combination of ingredients used. When bread shrinks slightly from the sides of the pan, it is usually sufficiently baked.

After bread is baked, it should be immediately

removed from the pans and put on a wire cooling rack or laid across the top of the empty pans.

BREAD FAILURES AND THEIR USUAL CAUSES

If bread has a *sour taste,* a poor grade of yeast or old yeast may have been used or the time of fermentation was too long or temperature too high.

If bread is *crumby and dry,* too much flour was added to the dough, or it was baked too long, or the process of fermentation was too long.

If bread is *heavy,* it probably was not allowed to rise enough or was not kneaded enough.

If the *crust is too thick,* the oven was not hot enough, or it was baked too long, or had too much salt in it.

If bread is *soggy,* too much liquid was added, or the loaf was not baked long enough.

If bread is *coarse,* it may have been placed in too warm a room to rise, let ferment too long, left too long rising in the pans, or the oven was not hot enough when the loaves were put in.

By the "quick method" referred to in this chapter, bread may be started in the morning and finished within three hours. This "quick method" sometimes calls for more yeast, but the flavor of the bread is excellent.

Bread made with whole milk is much more nutritious than bread made with water or skim milk. The shortening selected for bread making

should be pure and sweet—the very best obtainable.

In baking bread, remember to sift the flour before measuring it—use level measurements, scald the milk, dissolve the yeast in lukewarm water and not hot water, because hot water destroys the live yeast element and keeps the bread from rising. Be sure to knead the dough thoroughly, yet lightly. The first kneading blends the ingredients, while the second kneading evenly distributes the tiny gas bubbles made by the yeast. And be sure to keep the bread dough at 80 to 82 degrees Fahrenheit while it is being mixed and while it rises.

WHITE BREAD

"Quick Method"

2 tablespoons fat
1½ tablespoons sugar
1½ teaspoons salt
1 cup whole milk
1 yeast cake dissolved in 2 tablespoons lukewarm water
2 or 3 cups flour (sifted)

First, heat the milk, then add the fat, the sugar and the salt. When mixture becomes lukewarm, add the dissolved yeast cake. Next, add 1 cup of flour and beat vigorously. Cover the mixing bowl and set in a warm, even temperature to rise for one hour. Then add enough flour to make the dough firm. Remove from bowl, knead lightly, until dough is elastic and smooth. Return to bowl, cover again and let rise in a warm temperature until dough is treble its bulk. Knead once more,

shape into a loaf and lay in a well-greased bread pan. Cover the loaf with a clean cloth, let rise to double its bulk and bake in a moderate oven (350 degrees F.) for 50 or 60 minutes.

WHITE BREAD

"Over-night Method"

- 3 tablespoons fat
- 2 tablespoons sugar
- 2½ teaspoons salt
- 1 cup milk
- 1 compressed yeast cake
- ¼ cup lukewarm water
- 6 or 7 cups flour (sifted)
- 1 cup water

Mix the milk and water and bring to the boiling point. Then add the fat, salt and sugar. When mixture is lukewarm, add the dissolved yeast. Beat in 3 or 4 cups of flour, cover and set away out of a draught in a warm place over night. Next morning add enough more flour to make a firm dough and knead until dough is smooth and elastic. Cover again and let rise to treble its bulk. Then knead again, shape into loaves and lay in three greased bread pans. Cover the pans and let the dough rise again in a warm temperature until double its bulk. Bake in a moderate oven (350 degrees F.) for about an hour or a little less time.

WHOLE WHEAT BREAD

- 1 tablespoon fat
- 1 tablespoon sugar
- 1 tablespoon salt
- 1 quart warm water
- 1 compressed yeast cake dissolved in ½ cup lukewarm water
- 2 quarts entire wheat flour

Dissolve the yeast, let it stand until it bubbles or about 15 minutes and add it to the water which has been mixed with the sugar, salt and fat. Next, add the entire wheat flour and beat thoroughly. Set to rise, covered, in a warm, even temperature till it doubles in bulk (about 2½ to 3 hours). Then knead it down again and let it rise, covered, in a warm temperature until twice its bulk. Shape into loaves, lay in greased bread pans and bake at 350 degrees Fahrenheit (moderate oven) for a little more than an hour.

OATMEAL BREAD

½ compressed yeast cake dissolved in ½ cup warm water
1 cup oatmeal (rolled oats)
4½ cups bread flour
½ cup light molasses
2 cups boiling water
½ tablespoon salt
1 tablespoon butter

Pour the boiling water over the oatmeal and let stand for an hour and then add the other ingredients, blending well. When the mixture rises, beat for 3 minutes and put into greased bread pans. Let rise and bake in a moderate oven (350 degrees F.) until nicely browned and thoroughly done. Very dainty and appetizing biscuits may be made by using half a cup less flour and dropping the mixture by spoonfuls into a plate of flour and, with well floured hands, shaping them before putting them into pans for baking.

BROWN BREAD—BOSTON STYLE

1 cup whole wheat flour
1 cup rye meal
1 cup corn meal
2 cups sour milk
¾ teaspoon soda
¾ cup dark molasses
1 teaspoon salt

Add molasses and milk to the sifted dry ingredients, beat thoroughly and pour into a well-greased mold, fasten greased cover on tightly and steam for 3½ hours. Fill the mold only ⅔ full, as mixture will rise to fill the mold while steaming. The one-pound baking powder cans make excellent molds for steaming brown bread. A good method for steaming bread or pudding is to set a support in a kettle of boiling water, letting the water come up half way round the mold, cover the kettle tightly, turning the molds from time to time and adding more boiling water as water evaporates.

RAISIN BREAD

1⅓ cups scalded milk
½ yeast cake
4 cups white flour
2 tablespoons brown sugar
3 tablespoons shortening
1 cup seeded raisins
1 teaspoon salt

Blend the shortening with the sifted, dry ingredients. Scald milk, when lukewarm add yeast and mix thoroughly with dry ingredients, and lightly floured raisins, adding a little more flour if necessary. Cover and set in an 80-degree temperature to rise for about 3 hours or until the dough has doubled in bulk. Knead until smooth,

put into two greased bread pans and let rise until double in bulk. Bake in a moderate oven (350 degrees F.) about 50 minutes or until well done. Before baking, the tops of the loaves may be brushed with melted butter.

"HURRY-UP" NUT BREAD

2 cups whole wheat flour
2 teaspoons baking powder
1 tablespoon shortening
½ teaspoon salt
½ cup brown sugar
¾ cup broken walnut meats
1 cup milk
1 egg

Blend the shortening with the sifted, dry ingredients. Add the beaten egg, milk and nutmeats and beat well. Turn mixture into a greased bread pan, let stand for 15 minutes and bake in a moderate oven (350 degrees F.) for about 40 minutes, or until well done.

OLD-FASHIONED RYE BREAD

1 quart milk
2 tablespoons sugar
4 teaspoons salt
2 tablespoons butter
1 cake compressed yeast
1 cup white flour
2 cups rye meal

Make a sponge with the white flour and when light, add rye meal and rest of ingredients. The dough should be as stiff as for white bread. Set, covered, in a warm temperature until dough is one and three quarters its original bulk, then mold into long loaves with pointed ends. Shallow baking pans should be sprinkled with corn meal to

keep loaves from sticking. Loaves should bake in a moderate oven (350 degrees F.) for about an hour.

SALT-RISING BREAD

1 cup scalded milk
2 tablespoons white corn meal
1 teaspoon salt
1 tablespoon sugar
1 tablespoon butter
flour (white)

When milk is lukewarm, add the salt, sugar and corn meal. Place this mixture in a crock or pitcher, cover and set container in hot water (not boiling). Let mixture stand for 6 or 7 hours or until it begins to ferment. This leaven is enough for one loaf. If more are to be baked, add 1 cup of water, 1 teaspoon salt, 1 tablespoon sugar and 1 tablespoon butter for each extra loaf. Make a soft sponge by adding a cup of flour for each loaf. Beat well and set the sponge in a hot temperature (120 degrees F.). When very light, add enough more flour, gradually, until dough is so stiff that it can be kneaded without sticking to the hands or board. Knead lightly for 10 minutes, place in pans, let rise to about double its bulk and bake in a rather hot oven (375 degrees F.). In making salt-rising bread, the important point to remember is to keep the temperature high all through the process. Do not expect salt-rising bread to be as light as yeast bread. The flavor of salt-rising bread is quite different from ordinary yeast bread.

POTATO BREAD

2½ cups mashed potato
4½ cups bread flour
¾ tablespoon salt
1½ tablespoons sugar
½ cake compressed yeast dissolved in 2 tablespoons lukewarm water

Mix half the mashed potato with the salt, ½ cup of flour and the dissolved yeast. Cover and let stand in a warm place over night. In the morning add the rest of the potato, the sugar and rest of the flour. Knead until a smooth, stiff, dough is formed. Let stand at 80 degrees Fahrenheit until dough has trebled its bulk. Shape into loaves, let stand covered, to double in bulk, and bake in a hot oven (400 degrees F.) about 50 minutes.

RAISED DOUGHNUTS

1 cake yeast
1¼ cups scalded milk
4½ cups flour
⅔ cup sugar
3 tablespoons butter
¼ teaspoon mace
¼ teaspoon salt
1 egg

Dissolve yeast and one tablespoon sugar in milk (lukewarm), add 1½ cups of flour and beat thoroughly. Cover and let rise in a warm temperature until bubbles burst on top (about an hour). Cream the butter and the rest of the sugar, add the mace and the well-beaten egg. Add this to the yeast mixture and then add the salt and the rest of the flour to make a medium soft dough. Knead lightly, cover in a greased bowl and let

rise in a warm temperature for 1½ hours. Turn out on floured board, roll out until about one-third inch in thickness. Cut with a small doughnut cutter, cover and let rise again until light (about 45 minutes) and drop in deep, smoking hot fat. When golden brown, drain and dust with sugar.

HOT CROSS BUNS

2 cakes compressed yeast	½ cup shortening
2 cups scalded milk	½ cup currants
¾ cup sugar	½ teaspoon salt
7½ cups flour	2 eggs

Add 3½ cups of flour to yeast dissolved in 2 tablespoons of lukewarm milk and beat well. Cover and let rise in a warm temperature for an hour. Then add shortening and sugar, creamed, the well-beaten eggs, the lightly floured currants, the salt, and the rest of the flour to make a medium soft dough. Knead lightly and set, covered, to rise until double in bulk (about 2 hours). Shape into round buns and place in well-greased, shallow pans. Cover and let rise again for another hour. Glaze tops of buns with beaten egg diluted with a little cold water. Cut cross on top of each and bake 20 minutes in a rather hot oven (375 degrees F.). Remove and, while buns are hot, fill crosses with butter frosting.

COFFEE CAKE

1½ cakes compressed yeast
1 cup scalded milk
1¼ cups sugar
3 cups flour
3 eggs
½ cup shortening
¼ teaspoon salt
⅛ teaspoon mace
1½ cups mixed fruit (citron, raisins, and currants)

Add 1½ cups of flour and 1 tablespoon sugar to the yeast dissolved in the milk (lukewarm). Beat thoroughly and let rise, covered, in a warm place for an hour. Add this mixture to the creamed shortening and rest of sugar, the mace, the lightly floured fruit, the salt and the rest of the flour. Finally add the eggs, well beaten, and beat all together for 10 minutes. Pour into two greased molds (about half full), cover and let rise until molds are almost full. Bake in a moderate oven (350 degrees F.) for 45 minutes.

YEAST BUCKWHEAT CAKES

1 cake compressed yeast
2 cups lukewarm water
1 cup scalded milk
2 tablespoons brown sugar
2 cups buckwheat flour
1 cup white flour
1½ teaspoons salt

Gradually add salt, buckwheat and white flour to the yeast and sugar dissolved in the lukewarm water. Beat well and let rise, covered, in a warm place for one hour. When light and bubbly, stir vigorously and drop by spoonfuls on a hot griddle. This batter should be used at once. If mixed

the night before, use only ¼ yeast cake and add another half teaspoon of salt. Cover and keep in a cool, dry place.

HOW TO MAKE LIQUID POTATO YEAST

1 cake dry yeast
¼ cup lukewarm water
¼ cup sugar
1 teaspoon salt
1 quart hot water
4 medium sized potatoes

Grind the pared potatoes into the hot water. Boil about 5 minutes, stirring constantly. Add the salt and sugar and let the mixture cool. When lukewarm, add the yeast dissolved in the warm water. Keep the mixture at about 70 degrees for 24 hours. It is then ready for use, and should be kept in a cool, dark place in either an earthen jar or enamel ware container. Liquid potato yeast can be kept about 2 weeks if put in a cool place (below 50 degrees F.).

BRAN BREAD WITHOUT YEAST

2 cups bran
1 cup white flour
1 teaspoon soda
1 cup dark molasses
1 cup sour milk
1 teaspoon salt

Mix the dry ingredients and add gradually to the soda, milk and molasses. Beat thoroughly and pour the mixture into a greased bread pan. Bake for one hour in a moderate oven (350 degrees F.).

CHAPTER XIV

General Directions For Making Sandwiches

As daintiness is of great importance in the preparation of sandwiches, breads used should be sliced as thinly as possible—about ⅜ of an inch thick—and the crusts should be neatly cut away. Butter for the first spreading should be softened slightly. Sandwich bread is for the most part best when about a day old. If lettuce leaves are to be used, dry them on a clean cloth to keep the bread from absorbing the moisture. Sandwiches may be cut into fancy shapes with cookie cutters or with a small sharp knife. Fresh bread may be cut very thin with a sharp knife, the crusts trimmed off, the bread spread with a thin filling and rolled, for variety, for the sandwich plate. These rolls may be tied with tiny ribbons or fastened with tooth picks. The kinds of bread for making sandwiches are white, rye, graham, whole wheat, raisin, nut and brown bread.

Dainty Sandwich Fillings

CHEESE AND NUT

1 cup cream cheese or grated American cheese
¼ cup nut meats put through meat chopper
salt and pepper to taste
cream, to moisten sufficiently

CHEESE AND GREEN PEPPER

1 cup cream cheese
1 large sweet green pepper
salt to taste

Carefully remove seeds and pith from pepper. Put pepper through meat chopper, blend with cheese and salt.

SALMON AND EGG

½ cup canned salmon mixed to a paste
yolks of 2 hard-cooked eggs
3 tablespoons melted butter
1 teaspoon lemon juice

Mash yolks, add salmon paste, melted butter and lemon juice. Blend well.

CHICKEN AND NUT

1 cup cold chicken, minced fine
¼ cup almond meats, blanched and chopped
thinned mayonnaise to blend

NUT AND RAISIN

1 cup seeded raisins, washed and dried
½ cup nut meats, chopped
3 tablespoons orange juice
1 tablespoon lemon juice
⅛ teaspoon salt
blend thoroughly

SIMPLE SANDWICH FILLING COMBINATIONS

Swiss cheese and mustard.
Cream cheese and chopped olives.

Cream cheese and orange marmalade.

Pimiento cheese and chopped nuts.

Chopped dates, figs and raisins moistened with lemon juice.

Minced or thinly sliced ham with mustard.

Chopped celery and nut meats.

Chopped fried bacon and grated cheese (bread may be toasted).

Cream cheese, chopped candied orange peel and minced preserved ginger.

Apple jelly and chopped nut meats.

Sliced cold boiled tongue, corned beef with celery salt.

Tomato sauce sardines.

Minced eggs and chopped pickles.

Peanut butter.

Peanut relish.

Meat loaf.

Baked beans with tomato sauce.

FILLINGS TO BE MIXED WITH MAYONNAISE

Chopped hard-cooked eggs and peppers.

Chopped cold meat and pickles.

Tuna fish or salmon.

Sliced tomatoes.

Minced chicken and chopped celery.

Chopped ripe olives and walnut meats.

Chopped figs.

Chopped nuts and dates.

Chopped apple and celery.
Minced sardines.
Lettuce and bacon.
Chopped peanuts.

HOW TO MAKE A CLUB SANDWICH

Toast three thin slices of white or whole wheat bread. Butter lightly. Arrange white meat of chicken, crisp bacon slices, fresh tomato slices between layers with a generous amount of thick mayonnaise. Fasten layers together with tooth picks. Cut the slices diagonally and garnish with green olives or small sweet pickles. Serve as quickly as possible after the toast has been made, on lettuce leaves.

ROLLED SANDWICHES

Cut off the crusts from a loaf of sandwich bread. Cut thin slices the length of the loaf with a very sharp knife. Spread each slice evenly with softened butter to which finely chopped parsley or shredded pimiento has been added. Roll the slices evenly and wrap them in a clean cloth. Put in the ice box for several hours. Just before serving, cut each roll crosswise into thin slices. Each roll will make about six sandwiches.

CHAPTER XV

Rolls, Muffins, Biscuits, Waffles and Griddle Cakes

Every homemaker likes to serve some sort of light rolls, muffins, short, tasty biscuits, fluffy waffles or griddle cakes almost every day. The recipes given in this chapter will be found easy to follow as well as economical to prepare.

PARKER HOUSE ROLLS

1 compressed yeast cake
¼ cup lukewarm water
2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
5½ cups flour

Put the butter, sugar and salt in the hot milk. When lukewarm add the yeast cake dissolved in the warm water and the 3 cups of flour. Beat well, cover and let rise until light. Cut the dough down and add 2½ cups of flour (or enough to knead). Let rise again, knead and roll out to one-third of an inch in thickness. Cut with floured biscuit cutter. Make a crease through the center of each biscuit with the handle of a silver knife dipped in flour. Brush half of each biscuit with melted butter, fold the halves over and press together. Lay in a shallow, greased pan, let rise

and bake in a hot oven about 15 minutes. Many other kinds and shapes of rolls may be made by using this Parker House Roll recipe.

BAKING POWDER BISCUIT

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
¾ cup milk
⅛ teaspoon nutmeg (may be omitted)
3 tablespoons butter

Mix and sift dry ingredients. Blend in the butter with finger tips. Add the milk gradually, mixing lightly. (Do not beat.) Roll lightly on a floured board to half-inch thickness. Cut with floured biscuit cutter or cut in 2-inch diamond shapes, lay in a shallow pan and bake in a hot oven about 15 minutes. This recipe may be used when making shortcake and the dough may be baked in a large round in a pie pan. Two tablespoons of butter may be used instead of three.

SALLY LUNN

2 eggs
3 tablespoons melted butter
⅓ cup sugar
3 teaspoons baking powder
½ teaspoon salt
1 cup sweet milk
2 cups white flour

Stir the sugar and melted butter into the well-beaten eggs. Sift the other dry ingredients and add to the first mixture, alternately with the milk. Pour into a greased pan (tube pan) and bake in a rather hot (375 degrees F.) oven for 40 minutes.

CINNAMON FRUIT ROLLS

Use baking powder biscuit recipe. Roll out to half-inch thickness, spread with melted butter, sprinkle with cinnamon, and brown sugar, and seeded raisins or orange marmalade and roll into a cylinder form. Cut into inch slices and bake in shallow pan for about 15 minutes in a hot oven (400 degrees F.).

CHEESE STRAWS

2 cups white flour
3 teaspoons baking powder
1 teaspoon salt
½ cup sweet milk
½ cup butter
¼ teaspoon paprika
1 egg
¾ cup dry, grated cheese

Sift dry ingredients, chop in the butter. Add the unbeaten egg, cheese and milk, mix together lightly and turn out on a floured board. Roll out very thin, cut into half-inch strips about 4 inches long. Bake in a moderate oven (350 degrees F.) until golden brown. Cheese straws may also be made of pie paste rolled very thin, sprinkled with grated cheese and paprika, folded over twice, rolled out again, repeating process three times, then cut in strips and bake in a hot oven (400 degrees F.) until nicely browned.

AUNT SARAH'S DATE MUFFINS

⅓ cup shortening
¼ cup brown sugar
3 teaspoons baking powder
¾ cup milk
2 cups flour
¼ teaspoon salt
1 egg
¼ lb. dates, chopped fine

Cream butter and sugar and add the chopped dates. Mix thoroughly and add the well-beaten egg. Sift the other dry ingredients and add to the first mixture alternately with the milk. Bake in greased muffin pans for 25 minutes in a hot oven (400 degrees F.).

BRAN MUFFINS

½ cup flour
½ teaspoon soda
¼ teaspoon salt
1 cup bran
½ cup milk
2½ tablespoons molasses
1 egg

Mix dry ingredients. Add milk, molasses and beaten egg. Bake in well-greased muffin tins in a moderate oven (350 degrees F.) for 25 minutes.

CORNBREAD

1 cup yellow cornmeal
1½ tablespoons butter
1½ cups scalded milk
2 teaspoons sugar
2 teaspoons baking powder
½ teaspoon salt
2 eggs

Pour the scalded milk over the cornmeal and butter. Let cool. Add beaten eggs, baking powder, salt and sugar and beat thoroughly. Pour into a greased, shallow pan and bake in a hot oven (400 degrees F.) for 25 minutes.

NUT AND FRUIT WHOLE WHEAT MUFFINS

1 cup white flour
1 cup whole wheat flour
2 tablespoons sugar
5 teaspoons baking powder
1 teaspoon salt
1 egg
1 cup milk
3 tablespoons shortening
¼ cup nuts
¼ cup raisins and figs

Mix and sift flour, sugar, baking powder and salt. Add the beaten egg and milk and mix well. Add melted shortening, then nuts which have been chopped fine, and lastly add the raisins and figs which have been slightly floured. Bake in greased muffin pans in a hot oven (400 degrees F.) 20 to 25 minutes. This recipe makes 12 to 14 muffins.

BLUEBERRY MUFFINS

2 cups flour
¼ cup shortening
⅓ cup sugar
2 eggs
1 teaspoon salt
5 teaspoons baking powder
⅔ cup milk
½ cup blueberries

Cream the shortening and sugar together. Add the beaten eggs. Sift the dry ingredients all but ½ cup of flour, and add alternately with the milk to the first mixture. Wash blueberries, drain them dry as possible. Dredge with the remaining ½ cup of flour and stir them into the mixture, lightly. Bake in greased muffin pans in hot oven (400 degrees F.) for 25 minutes.

"SURE POP" POPOVERS

1 cup flour
¼ teaspoon salt
⅞ cup milk
½ teaspoon melted butter
2 eggs

Mix salt and flour; add milk gradually in order to obtain a smooth batter. Add eggs, beaten until light, and butter; beat two minutes, using an egg beater, turn into hot, buttered iron gem pans and

bake 30 to 35 minutes in hot oven (400 degrees F.). They may be baked in buttered earthen cups, then the bottom will have a glazed appearance. Small round iron gem pans are best for popovers.

SOUTHERN FLUFFY WAFFLES

3 tablespoons melted butter
2 eggs
1½ cups milk
2 cups flour
1 teaspoon salt
3 teaspoons baking powder

Sift dry ingredients and put into a bowl. Beat egg yolks, add the milk and pour into the center of bowl of dry ingredients. Add melted butter and beat until smooth. When ready to bake fold in the stiffly beaten egg whites. Bake in well greased, hot waffle irons, brown on both sides, and serve at once with honey, maple syrup or marmalade.

GRIDDLE CAKES (Sour Milk)

2 cups sour milk
½ teaspoon salt
1¼ teaspoons soda
1 egg
2½ cups white or whole wheat flour

Mix and sift dry ingredients. Add beaten egg and sour milk. Drop by spoonfuls on a hot, well greased griddle. Brown on both sides and serve at once with butter and syrup or butter and brown sugar.

GRIDDLE CAKES (Sweet Milk)

2 cups sweet milk
¼ cup sugar
1 egg
1 teaspoon salt
1½ teaspoons baking powder
3 cups flour
2 tablespoons melted butter

Mix and sift dry ingredients. Beat egg and add the milk and pour slowly into the dry ingredients. Beat well and add the melted butter. Bake same as sour milk griddle cakes. Bake the batter at once for best results.

DELICIOUS DOUGHNUTS

2½ tablespoons butter
1 cup sugar
3 eggs
1 cup sweet milk
flour (about 4 cups)
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1 teaspoon salt
4 teaspoons baking powder

Cream the butter with half of the sugar. Beat the egg, add the rest of the sugar to the egg and combine the mixtures. Add 3½ cups flour sifted with the spices. (If dough is not stiff enough to roll add another half cup of flour.) Roll to ¼-inch thickness, cut with doughnut cutter, fry in deep hot fat, drain and dredge in powdered sugar.

OLD-FASHIONED MOLASSES GINGERBREAD

2 cups flour
2 teaspoons ginger
½ teaspoon salt
1 egg
½ cup sour milk
1¾ teaspoons soda
1 cup dark molasses
⅓ cup butter

Cook the butter and molasses together until it begins to boil. Take from the fire, add soda and beat well. Add milk, well-beaten egg and the other dry ingredients, sifted. Bake for 15 minutes in greased, shallow pans in a hot oven (400 degrees F.).

CHAPTER XVI

Cakes and Cookies

There are two general types of cakes used as the foundation for all varieties: Cakes made with shortening and cakes made without shortening. Cakes made with shortening are more generally popular, as the batter may be used for layer cakes, loaf cakes, etc. Cakes made without shortening are simply variations of so-called "sponge" cake that require greater beating and the addition of more eggs. Many "sponge" cakes are made without any baking powder, as the additional eggs produce the necessary raising ingredient.

General Rules for Mixing

CAKES MADE WITH SHORTENING

A smooth-textured cake is produced when the butter is first creamed and the sugar added gradually. The eggs (yolks and whites often beaten separately) should next be added. Then the dry ingredients—(the flour, salt, baking powder, spices, etc.)—sifted and mixed are added alternately with the liquid ingredient (milk) to the first mixture. Oftentimes the stiffly beaten egg whites are added at this point. Finally the flavor-

ing is added and the mixture, after being well beaten for several minutes, is then ready to put into greased baking pans, and baked according to the recipe.

General Rules for Mixing

CAKES MADE WITHOUT SHORTENING

Sponge cakes and angel food cakes come under this heading. The whites and yolks of the eggs are separated, the yolks beaten until thick, the sugar added gradually, and, finally, the stiffly beaten egg whites, the flour, and the flavoring are folded in carefully. Cakes made without shortening require a cooler oven (from 320 to 340 degrees F.) than cakes made with shortening. If your oven is not equipped with a reliable oven thermometer, a portable thermometer should be purchased and used according to directions if you wish to bake cakes successfully.

Divide Time of Cake Baking into quarters:

In the first quarter the mixture should bubble slightly and begin to rise.

In the second quarter the mixture should rise fully and brown very slightly.

In the third quarter all the surface should be evenly browned.

In the fourth quarter the cake should settle somewhat and shrink a little from sides of pan.

If the oven is too hot to begin with, the cake top will brown before it fully rises and the mix-

ture usually breaks through the center, making an uneven surface. Cakes often break through the top if too much flour has been used, especially bread flour.

Substitutes for Butter

Although butter is preferred by many in cake making there are a number of excellent butter substitutes on the market, among them the vegetable shortenings, margarine, and sweet lard. Chicken fat, goose fat and suet are often used in certain recipes with excellent results.

Length of Time for Baking Cakes

Cakes often rise to the top and run over and settle in the center if put in too slow an oven. Too much sugar may also be the cause.

A glass door in an oven is a great convenience. The oven door should not be opened and closed carelessly while a cake is baking.

Do not move a cake in the oven in order to brown it evenly until it has risen fully.

Best results are obtained if nothing else is cooking in the oven when cakes are baking. Put cake in the center of the oven with the grate raised at least an inch from the bottom.

Layer cakes will bake in from 15 to 25 minutes.

Sheets of cake bake in from 20 to 30 minutes.

Loaf cakes from 2½ to 3 inches high require from 35 to 45 minutes.

Fruit cakes in tube pans, from 1½ to 2 hours and possibly longer.

Small round cakes 2 inches high, from 25 to 30 minutes.

Cookies of various kinds, from 10 to 15 minutes.

How to Test Cakes

Usually when a cake is done it shrinks slightly from the sides of the pan, but with pound and rich fruit cakes it is often best to test with fine straws, which are sold in small boxes for the purpose. Insert a straw into the thickest part of the cake. If it comes out perfectly dry and smooth, the cake is done.

After Baking—The Next Step

For five minutes or so after a cake is taken out of the oven it should be inverted in the pan on a wire cake cooler. If this does not loosen the cake, turn the cake upright again, use a spatula around the sides, invert again and the cake will drop out.

Layer cakes should be put together with their fillings while they are warm. Frosting should be applied when cakes are cold.

As soon as cookies, macaroons, wafers, etc., are baked they should be removed with a spatula (flexible blade) to cake coolers or spread on waxpaper.

Sponge cakes should never be cut with a knife,

but broken in pieces with a fork or with the fingers.

Before frosting a cake, dust off all loose crumbs with a pastry brush.

QUICK SPONGE CAKE

3 eggs
1½ cups sugar
½ cup milk
1¾ cups flour
2 teaspoons baking powder
¼ teaspoon salt

Beat eggs until light and add the sugar gradually while continuing to beat. Next add the milk, alternately with the mixed and sifted dry ingredients. Beat for 3 minutes vigorously, then turn into shallow greased pan and bake in a moderate oven (325 degrees F.) for 25 minutes. Sprinkle top with powdered sugar or frost with colored icing.

PEANUT BUTTER COOKIES

2 tablespoons shortening
½ cup peanut butter
1 cup sugar
1 egg
⅓ cup milk
2 cups flour
4 teaspoons baking powder
¼ teaspoon salt
½ teaspoon cinnamon

Cream the shortening and the peanut butter with the sugar. Add the egg well beaten, and the milk, alternately with the mixed and sifted dry ingredients. When well mixed turn out on a floured board. Knead lightly and roll into a very thin sheet. Sprinkle with granulated sugar, cut

into rounds or fancy shapes and bake in a hot oven (375 degrees F.) until light brown.

SCOTCH COOKIES

1 cup shortening
2 cups brown sugar
2 eggs
4 cups flour
½ teaspoon soda
1 teaspoon cream of tartar
1 teaspoon vanilla
1 cup broken nut meats

Cream shortening with 1 cup of sugar. Add well-beaten eggs and rest of the sugar. Add sifted flour gradually. With the last cup of flour sift the soda and cream of tartar. Add vanilla and nut meats. Knead this mixture into two loaves about ten inches long and 1¼ inches thick. Let stand in a cold place overnight. Slice very thin. Bake in a moderate oven (325 degrees F.). This recipe will make 150 cookies.

AUNT MAY'S SUNSHINE CAKE

7 egg whites
5 egg yolks
1¼ cups granulated sugar
1 cup flour
scant ⅓ teaspoon cream tartar
pinch of salt
flavoring to taste

Sift and measure and set aside flour and sugar. Separate the eggs, putting the whites in a mixing bowl and the yolks in a small bowl. Add the pinch of salt to the whites and beat whites until very stiff. Beat in the sugar, then the yolks of the eggs, then flavor and beat thoroughly. Add flour

and fold lightly through. Put in a moderate oven (325 degrees F.) at once; bake from 20 to 40 minutes.

MRS. WALLACE'S ORANGE CHOCOLATE CAKE

½ cup shortening
1½ cups sugar
grated rind of ½ orange
1 egg and 1 yolk (saving the extra egg white for icing)
2½ cups flour
¼ teaspoon salt
4 teaspoons baking powder
1 cup milk
1½ ounces unsweetened chocolate melted

Cream shortening, add sugar and orange rind. Add beaten egg yolks. Sift together flour, baking powder and salt, and add alternately with the milk; lastly fold in one beaten egg white.

Divide batter into two parts. To one part add the chocolate. Put by tablespoonsful alternating dark and light batter into three greased layer cake pans. Bake in moderate oven (325 degrees F.) 20 minutes.

Filling and Icing for Orange Chocolate Cake

3 tablespoons melted butter
3 cups confectioner's sugar (powdered will not give as good results)
2 tablespoons orange juice
grated rind of ½ orange and pulp 1 orange
1 egg white
3 ounces unsweetened chocolate

Put butter, sugar and orange juice into bowl. Cut pulp from orange, remove skin and seeds, and add. Beat all together until smooth. Fold in

beaten egg whites. Spread this icing on layer used for top of cake. While icing is soft, sprinkle with unsweetened chocolate shaved in fine pieces with sharp knife (use ½ square). To remaining icing add 2 ½ squares unsweetened chocolate which has been melted. Spread this thickly between layers and on sides of cake.

LIBERTY POUND CAKE

1 cup butter
1¾ cups sugar
2 cups pastry flour
½ teaspoon mace
5 eggs

Cream the butter until very light, add the sugar gradually, beating constantly. Next blend in the mace and add the eggs, one at a time, beating each in thoroughly before adding another. Finally add the pastry flour gradually. Beat well and turn into a greased tube pan. Bake about 50 minutes in a moderate oven (325 degrees F.). Frost with butter icing.

MAMMY'S GRAHAM CRACKER CAKE

1 lb. rolled graham crackers
½ cup butter
1 cup sugar
1½ cups milk
4 teaspoons baking powder
⅛ teaspoon salt
3 eggs (whites and yolks separated)

Cream the butter and sugar, add the beaten egg yolks. Mix the baking powder and salt with the fine graham cracker meal and add to the first mixture alternately with the milk. Fold in the

stiffly beaten egg whites and turn into 3 greased layer cake pans and bake in a moderate oven (325 degrees F.). Use a Mocha frosting (see frosting recipes) between layers and on top.

LITTLE ALICE'S CHOCOLATE LAYER CAKE

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
½ cup sugar
½ cup milk
1 egg
½ teaspoon vanilla extract
¼ cup melted butter

Mix and sift the dry ingredients. Mix the well-beaten egg with the milk and add to the dry ingredients. Add the melted butter. Beat well for 3 minutes, add the vanilla and pour into 2 greased layer cake pans and bake in a hot oven (375 degrees F.) for 20 minutes. Use a boiled chocolate frosting between layers and on top and sides.

LITTLE GLENN'S MARSHMALLOW GINGERBREAD

½ cup shortening
1 cup molasses
1 egg
2⅓ cups flour
1¼ teaspoons soda
1 teaspoon salt
1 teaspoon ginger
1 cup sour milk
marshmallows
whipped cream

Melt shortening, add molasses, well-beaten egg, the flour mixed and sifted with the soda, salt and ginger, and last the sour milk. Beat all together for 3 minutes, turn into a well-buttered dripping pan and bake 25 minutes in a moderate oven (325 degrees F.). Remove from the pan, cut in

half, crosswise, and put marshmallows between layers. Set back in oven and let stand for 3 minutes. Place on serving plate. Cool slightly, cut in squares and serve with whipped cream, sweetened and flavored with vanilla.

STRAWBERRY SHORTCAKE

Make up a very short baking powder biscuit dough, pat out, bake in pie pan, split while hot. Butter center and top. Fill center with well-sweetened crushed strawberries, cover top with crushed strawberries, over which spread sweetened stiffly whipped cream. Add a few whole berries on top of whipped cream when ready to serve.

CHOCOLATE ICE BOX CAKE

Line the bottom and side of a large square cake tin with waxed paper. Line the form with separated lady fingers or slices of sponge cake. Melt 4 squares of chocolate, add 1 cup granulated sugar and ½ cup water. Blend in double boiler. Stir this mixture into beaten yolks of 8 eggs, return to fire until thick, let cool. Next cream 2 cups of fresh butter with 2 cups confectioner's sugar. Add chocolate mixture flavored with 2 teaspoons vanilla. Finally fold in the stiffly beaten egg whites. Cover lady fingers or sponge cake with a layer of the filling, add a layer of cake and continue layers until all materials are used, having

the last a cake layer. Set in ice box and let stand 24 hours. Remove cake to platter, cover with sweetened, flavored whipped cream over which sprinkle ground nut meats. Slice cake. This dessert will serve 26 to 28 persons.

PINEAPPLE CAKE

⅓ cup butter
1 cup sugar
2 eggs
1⅔ cups flour
½ teaspoon soda
1 teaspoon cream of tartar
⅛ teaspoon salt
1 teaspoon vanilla

Cream the butter and sugar together and add the well-beaten eggs. Mix and sift the dry ingredients and add alternately with the milk to the first mixture. Add vanilla, beat well and pour into 2 greased layer cake pans. Bake in a moderate oven (325 degrees F.) 20 minutes. Put together with pineapple filling (see Frostings) and sprinkle top with powdered sugar.

DEVIL'S FOOD

1 cup sugar
⅓ cup butter
2 eggs
⅔ cup milk
1½ cups flour
2½ teaspoons baking powder
1 teaspoon salt
3 squares baking chocolate
1½ teaspoons vanilla extract

Cream butter and sugar. Add well-beaten eggs. Cook the milk and grated chocolate together slowly until thick and then cool. Mix and sift the dry ingredients and add alternately with the

chocolate to the first mixture. Add flavoring and beat well. Bake in two greased layer cake pans in a moderate oven (325 degrees F.) for about half an hour. Spread marshmallow frosting between layers and on top. Sprinkle with ground nutmeats.

CHRISTMAS FRUIT CAKE

1½ cups butter
2 cups brown sugar
4 cups flour
6 eggs
½ cup boiled cider
½ lb. blanched and chopped almonds
½ lb. English walnut meats (broken in small pieces)
½ lb. stoned and chopped dates
1 lb. currants (carefully washed)
1 lb. seeded raisins (washed)
1 lb. glacé cherries
1 teaspoon baking soda
1 teaspoon salt
½ cup molasses
½ cup cold black coffee
1 teaspoon grated nutmeg
2 teaspoons ground cinnamon
1 teaspoon ground cloves

Cream butter and sugar, add well-beaten eggs, and beat 5 minutes. Now add coffee, soda (mixed with molasses) cider, flour (sifted with salt and spices). Next add raisins, currants, dates, cherries and nuts. Mix carefully, turn into greased and papered tin and bake in moderate oven (325 degrees F.) 2½ hours.

CHILDREN'S CHRISTMAS COOKIES

2 eggs
1 cup sugar
½ teaspoon salt
⅔ cup sour cream
¼ teaspoon baking soda
1 tablespoon water
3 cups flour

Beat eggs and sugar until light, add salt and cream (to which soda, dissolved in water, has been added). Add sifted flour. Mix well. Turn onto a floured board, roll out ¼-inch thick, and cut with animal cookie cutters. Lay on an oiled pan and bake 15 minutes in a moderate oven (325 degrees F.). Decorate with

Colored Icing

1½ cups confectioners' sugar
½ teaspoon butter
½ teaspoon vanilla extract
2 tablespoons hot milk

Add butter to hot milk, then add sugar slowly to make right consistency to spread. Add vanilla. For pink icing add 1 tablespoon strawberry or other fruit juice. For yellow icing add 1 teaspoon egg yolk and flavor with 1 teaspoon lemon juice and orange rind.

CAKE FROSTINGS AND FILLINGS

PLAIN BOILED FROSTING

½ cup water
1¾ cups sugar
2 egg whites
1 teaspoon vanilla extract

Stir water and sugar together until dissolved, and let boil without stirring until the syrup forms a soft ball tested in cold water. Beat egg whites until stiff. Pour the hot syrup over the beaten whites (beating while adding the syrup). When cool add the vanilla.

CHOCOLATE FROSTING

Use recipe for plain boiled frosting, adding 2 squares of melted baking chocolate after the syrup is added to the egg whites.

MARSHMALLOW FROSTING

2 cups sugar
¼ teaspoon cream of tartar
½ cup cold water
2 egg whites
3 doz. marshmallows
½ teaspoon vanilla extract

Mix sugar and cream of tartar with the cold water and stir in saucepan over fire until it boils. Then cook without stirring until mixture drops like honey. Take off the fire, add ¼ of the syrup to the stiffly beaten egg whites. Cook the rest of the syrup until it spins a thread. Heat the marshmallows (starch and sugar dusted off) in the oven until slightly plump. Add marshmallows to first mixture then add the well-cooked syrup and beat vigorously. Add vanilla and beat until mixture is cool. Spread thickly on cake.

CARAMEL FROSTING

4 cups brown sugar
9 tablespoons cream
1½ tablespoons butter
1¼ teaspoons vanilla extract
½ cup chopped nut meats

Mix sugar, cream and butter. Stir in a pan over low heat until mixture boils. Let boil 4 minutes. Remove from fire, add vanilla and nut meats and beat until thick and smooth.

CONFECTIONERS' FROSTING

Form a thick paste with 2 tablespoons hot cream and confectioners' sugar. Add a few drops of vanilla. Use for small cakes and cookies.

CHOCOLATE BUTTER FROSTING

Cream 1 cup of sweet butter (wash salt from table butter), add 1 well-beaten egg yolk and gradually add 2½ cups powdered sugar. When well blended, add 2 squares melted chocolate and 1 teaspoon vanilla extract. Beat until creamy.

MOCHA FROSTING

Cream ½ pound sweet butter. Add gradually 2½ cups confectioners' sugar and 3½ tablespoons clear black coffee. Spread thickly on cake.

ORANGE FROSTING

Grate rind of one orange and let soak for an hour in ¼ cup of strained orange juice and 2 tablespoons strained lemon juice. Strain and add 2 well-beaten egg yolks and enough confectioners' sugar so that the mixture is of the right consistency to spread.

PINEAPPLE FROSTING

1 cup sugar
¼ cup pineapple juice
½ cup pineapple pulp
2 egg whites
½ teaspoon lemon juice

Cook the sugar and pineapple juice until it spins a thread. Then add the pineapple pulp and pour gradually onto the stiffly beaten egg whites. Add lemon juice and beat until frosting is smooth.

MARSHMALLOW FILLING

Put 1 pound of dusted marshmallows in a double boiler, add ¼ cup of cold milk and cook over hot water until marshmallows are melted. Let cool. Whip 1 cup of heavy cream until stiff and fold into the marshmallow mixture. Spread between layers of angel food.

CREAM FILLING

4 tablespoons corn starch
1 cup sugar
2 eggs
1½ cups milk
1 tablespoon butter
⅛ teaspoon salt
1½ tablespoons orange juice

Mix cornstarch and sugar with slightly beaten eggs, add milk gradually and cook 20 minutes in double boiler, stirring constantly for 10 minutes. Add butter and salt, and stir until mixture is smooth. Remove from fire and when cool add orange juice and beat until glossy.

FUDGE FILLING

2 cups sugar
1½ cups thin cream
4 squares chocolate
4 tablespoons butter
1 teaspoon vanilla extract

Mix the ingredients and let stand over a very low fire until mixture becomes liquid. Boil to soft ball stage and beat until smooth.

NUT AND RAISIN FILLING

1 cup seeded raisins
1 cup chopped nut meats
1 egg white
½ cup confectioners' sugar
2 tablespoons lemon juice

Beat egg whites stiff, add sugar and lemon juice and combine with nuts and raisins. Mix thoroughly and spread between layers of cake.

PINEAPPLE FILLING

1 cup grated pineapple (well drained)
2 tablespoons lemon juice
1 tablespoon grated orange peel

Add enough confectioners' sugar to the ingredients to spread. Use as a cake filling.

ECONOMY FRUIT AND NUT COOKIES

2 cups flour
½ teaspoon salt
2 teaspoons baking powder
½ cup broken nut meats
½ cup chopped seeded raisins
1 cup brown sugar
1 egg
½ cup milk
¼ cup soft butter

Mix and sift the dry ingredients and add the well-mixed fruit, nuts and sugar. Add milk to well-beaten egg and stir into the first mixture. Lastly add the butter. Beat vigorously and drop

from spoon on greased baking sheets, sprinkle with sugar and cinnamon and bake in a hot oven (375 degrees F.) for 15 minutes.

COCOA HERMITS

½ cup shortening
1 cup brown sugar
2 eggs
2 cups flour
½ cup broken nut meats
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon cinnamon
½ cup chopped seeded raisins
½ cup cocoa dissolved in 2 tablespoons boiling water

Cream the shortening and the sugar. Add well-beaten eggs. Mix and sift the dry ingredients, add the nuts and raisins and blend with the first mixture. Finally add the dissolved cocoa. Beat well and drop from spoon on greased baking sheets. Sprinkle tops with sugar and bake in a moderate oven (325 degrees F.) for 15 minutes.

CHAPTER XVII

Salads and Salad Dressings

In ancient times a dish of green herbs, served with a combination of vinegar, salt and spices, took a prominent place in the dinner menu, and historians tell us that the Romans were compelled to combine vegetables with the meat dishes they served. Nowadays no dinner menu is complete without its salad course. Salads may be made of salad greens, with various dressings or by combining fruits and vegetables, different kinds of vegetables, different kinds of fruits, fruits and nuts, meat and vegetables or fish and vegetables in dozens of appetizing and nutritious ways. Salads, especially the salad greens, lettuce, cabbage, etc., supply the body with the vitamins and mineral salts which are so necessary for health. Make it a rule to serve salads every day—at least once a day.

When planning a salad, select the ingredients and salad dressing that will lend an attractive bit of color to the rest of the meal, as well as an attractive appearance to the table. If a salad is to serve as the principal dish it should be a substantial one—containing enough food value to take the place of the meat, or meat substitute.

If the meal planned is to be a rather heavy one, serve a very light salad and serve smaller portions. Never repeat, in a salad, any of the vegetables or fruits served separately during the meal. Salads help more than any other dish to carry out certain color schemes successfully.

Here are six important points to remember in making salads:

(1) Have the ingredients fresh and cold.

(2) See that they are attractive in appearance.

(3) Green vegetables should be crisp and dry; fruits should be cold and drained.

(4) Add the dressing just before serving.

(5) In salad recipes the term "marinate" means the adding of seasoning, oil and vinegar or lemon juice to a salad mixture and letting the mixture stand until the salad is well seasoned.

(6) Serve crisp salted wafers, cheese crackers, cheese straws, narrow buttered nut bread slices, or small sandwiches with salads.

CELERY, NUT AND PIMIENTO SALAD

1½ cups chopped celery
¾ cups English walnuts, broken
2 pimientos chopped

Combine with 1 cup mayonnaise to which ⅓ cup whipped cream has been added. Garnish with pimiento and nut meats.

CHICKEN, CELERY AND SHREDDED ALMOND SALAD

Use twice as much chicken as celery, and one cup blanched and shredded almonds to each pint of chicken. Mix cubed chicken with French dressing, let stand one hour, drain, add almonds and celery, mix with cream dressing.

CELERY AND ORANGE SALAD

Use equal measurements of cubed oranges and chopped celery hearts. Mix with French dressing. Garnish with celery leaf sprigs. This is nice to serve with fowl.

WALDORF SALAD

Cut apples in thin, long strips. Use the same quantity of chopped celery, one-half as many broken nut meats, and mix with mayonnaise.

PRUNE AND NUT SALAD

Drain prunes from juice and chill. Remove pits, cut in pieces and mix with one-half quantity of chopped pecan nut meats. Add whipped cream flavored with vanilla or almond and garnish with dots of whipped cream.

PEACH AND NUT SALAD

Use one or two peach halves for each serving. Fill cavities with chopped nut meats. Garnish

with French dressing to which a little sugar and celery salt have been added.

SHRIMP AND PEA SALAD

Rinse canned shrimp; remove center veins and cut each into four pieces. Add French dressing and let stand 1 hour. Drain a can of small size French peas and add French dressing and let stand 1 hour. Drain and toss together. Mix with Mayonnaise. Sprinkle with paprika.

CAULIFLOWER SALAD

Boil cauliflower and let cool. Pour over French dressing and 1 tablespoon finely chopped onion. Chill. Separate flowerets and place in a bed of lettuce. Sprinkle with paprika and grated cheese.

CABBAGE SALAD

Slice cabbage crosswise very thin. Put in ice water until crisp. Drain and shake in a clean dry cloth. Serve with French dressing. Garnish with lettuce heart leaves.

SARDINE SALAD

Remove skin and bones from sardines; cut in ½-inch pieces. Mix with French dressing and let stand. Serve on shredded lettuce, garnish with sliced stuffed olives, hard-cooked egg whites cut in thin slices lengthwise and force hard-cooked

egg yolks through sieve; place a teaspoon of mayonnaise on each side.

GRAPEFRUIT, PINEAPPLE AND GRAPE SALAD

Place a slice of pineapple in a bed of lettuce. Remove grapefruit sections and pile in center of pineapple. Add halves of white peeled grapes and serve with either French dressing or mayonnaise.

ORANGE, CELERY AND BRAZIL NUT SALAD

Arrange thick slices of oranges on individual plates, on lettuce leaves. Blend chopped nuts and chopped celery with mayonnaise. Place a spoonful of mayonnaise with a dash of paprika on top.

COMBINATION SALAD

On bed of lettuce leaves arrange thinly sliced cucumbers, sliced radishes, quarters of sliced, peeled tomatoes (sliced Bermuda onions, if desired) and finely chopped green pepper. Pour over French dressing, to which add finely chopped radish peels and watercress.

ENDIVE SALAD

Separate heads of endive. Hold together three or four lengths with a ring of green and red pepper. Serve with Thousand Island dressing.

ASPARAGUS SALAD

Arrange four or five asparagus spears on individual plates of lettuce. Over center pour mayonnaise dressing to which has been added ½ cup whipped cream, 1 tablespoon thick tomato purée or catsup and 2 chopped hard-cooked eggs. Garnish with paprika.

CUCUMBER SALAD

Chill and thinly slice cucumber. Add equal parts thinly sliced celery hearts, one-half the quantity broken nut meats, one-third the quantity shredded red or green sweet peppers. Mix with cream dressing. Arrange on thick slices of chilled, peeled tomatoes set in nests of lettuce leaves. Garnish with paprika or chopped onion.

ONION SALAD

Peel and thinly slice Bermuda onions. Cover with ice water to which salt and sugar have been added. Let stand. Drain and serve with the following dressing: 2 tablespoons vinegar, 2 tablespoons cold water, 1 tablespoon sugar, ½ teaspoon salt, a dash of tabasco sauce. Arrange onion rings on individual plates. Pour over dressing and garnish with paprika. Serve very cold.

COLE SLAW WITH ALMONDS

Thinly slice cabbage. Crisp in ice water, drain and mix with 1 cup finely shredded blanched almonds and a finely shredded sweet red pepper. Pour over cream dressing and garnish with paprika.

LIMA BEAN SALAD

1½ cups cold cooked lima beans, ½ tablespoon chopped onion, 1 tablespoon chopped parsley, ⅛ teaspoon hot red pepper very finely chopped. Mix and serve with French dressing and 1 tablespoon chili sauce. Serve on lettuce leaves.

LETTUCE AND EGG SALAD

Cut lettuce in ribbons in each individual plate. Cut hard-cooked eggs lengthwise in quarters (5 to each portion). Garnish with small red radishes in center. Pour over French dressing and chill.

PEAR AND CREAM CHEESE SALAD

Fill cavity of pear with cream cheese and garnish with pimiento strips. Sprinkle with paprika. Add the following dressing: 4 tablespoons pear syrup to a cup of thick cream, ¼ teaspoon salt, then add slowly 2 tablespoons lemon juice, 4 tablespoons strained honey and beat till very light.

PINEAPPLE AND CREAM CHEESE SALAD

Place sliced pineapple on individual lettuce beds. Fill centers with cream cheese. Garnish with fancy figures cut from pimientos and pour over French dressing.

GREEN BEAN SALAD

Boil cut green beans until tender with a slice of bacon. Remove bacon. Drain and chill beans. Place on lettuce and garnish with the rings of green onions and watercress, and cut. Add lightly fried bacon and pour over French dressing.

EGG WITH SALMON MAYONNAISE

Remove shells from hard-cooked eggs and chill. Mash ¼ cup of canned salmon flakes and add to 1 cup of thick mayonnaise to which ¼ cup whipped cream has been added. Arrange eggs cut lengthwise into eighths on individual plates of lettuce. Pour over mayonnaise and garnish with paprika.

STUFFED TOMATO SALAD

Peel tomatoes, scoop out soft part in center, sprinkle with salt and chill. Mix equal parts of chopped celery hearts, broken nut meats and pineapple cubes or drained shredded pineapple. Mix with mayonnaise and fill tomatoes. Set in bed of

lettuce, add a teaspoon of thick mayonnaise on top and garnish with paprika.

HAM AND EGG SALAD

Slice hard-cooked eggs in quarters lengthwise. Remove yolks and chop lightly and add equal parts of cooked finely chopped ham and blend with mayonnaise. Arrange white "petals" on lettuce. Fill centers with yolk and ham. Pour over French dressing.

SWEETBREAD, CELERY AND NUT SALAD

Boil a pair of sweetbreads 20 minutes in salted water to which is also added a bay leaf, slice of onion, and juice of ½ lemon or a tablespoon of weak vinegar. Let cool in water. Drain; separate into small pieces. Add the same quantity of cut celery hearts and half the quantity of broken nut meats. Blend and mix with mayonnaise or boiled salad dressing. Serve on lettuce leaves. Garnish with pimiento shreds.

CARROT SALAD

Cut scraped new carrots in thick, lengthwise slices. Then cut across in inch pieces. Cook in boiling salted water with 1 whole onion until carrots are tender. Remove onion and chill carrots. Arrange on lettuce leaves with thinly sliced green onions and pour French dressing over.

JELLIED CABBAGE, TOMATO AND NUT SALAD

Heat 2 cups thick canned tomato soup to boiling point. Add ¼ package granulated gelatin, softened in ¼ cup cold water. When partly cold, add 1 cup finely shredded cabbage and fill individual molds. Unmold on bed of lettuce ribbons. Garnish with whole nut meats and mayonnaise to which chopped olives have been added.

FRUIT AND MARSHMALLOW SALAD

Cut one-fourth pound marshmallows into quarters, sliced pineapple into small triangles, pare and thickly slice two small oranges crosswise. There should be one cup of each. Blend and serve on lettuce leaves. Cover with cream mayonnaise and sprinkle with chopped nut meats.

SALMON SALAD

To two cups flaked canned salmon add cream mayonnaise and pack in individual molds. Serve on crisp lettuce shreds and garnish with diced cucumbers and mayonnaise.

ORANGE AND BANANA SALAD

Peel and scrape four large bananas and cut in cubes. Mix with French dressing and pile on thick orange slices. Cover with mayonnaise. Sprinkle with ground nut meats or paprika.

TUTTI-FRUTTI SALAD

Use equal quantities of pitted and cut white and red cherries, cubed pineapple and oranges; a few large cooked and seeded raisins. Add a little sugar and ½ cup broken walnut meats. Blend with French dressing. Serve on lettuce leaves with cream mayonnaise. Top with a whole cherry.

JELLIED PINEAPPLE AND CABBAGE SALAD

¼ cup cold water
1 tablespoon granulated gelatine
¼ cup weak vinegar
1 cup boiling water
½ teaspoon salt
¾ cup shredded cabbage
¾ cup diced pineapple
3 tablespoons sugar
½ tablespoon lemon juice

Soak gelatine in cold water for five minutes. Add boiling water, vinegar, lemon juice, sugar and salt. When this mixture begins to set, add cabbage and pineapple. Chill and serve on lettuce leaves with mayonnaise dressing. Strips of pimiento make a pleasing garnish.

"PICNIC" POTATO SALAD

3 cups cubed boiled potatoes
2 hard-cooked eggs
1 tablespoon chopped pickle
2 thin sliced onions chopped
1 teaspoon chopped parsley
1 tablespoon capers
1 tablespoon chopped pimientos

Chop the hard-cooked egg whites and add to the potato cubes. Grate the yolks and add them with the chopped pickle, pimientos, onion, parsley, and

capers to the first mixture. Marinate with French dressing. (Note: Potatoes are best when boiled with skins on. Potato salad is best if salad is mixed while potatoes are warm.)

CHICKEN SALAD SUPRÊME

4 cups diced cold chicken
2 cups celery cut in small pieces
1 tablespoon capers
1 tablespoon chopped pimientos
2 hard-cooked eggs
2 cups boiled dressing

Mix the ingredients, chopping the egg whites and grating the yolks. Chill. Just before serving mix the ingredients with the boiled dressing. Arrange on lettuce leaves. Garnish with slices of stuffed olives.

(Note: Tuna fish or veal may be substituted for chicken.)

QUEEN OF FRUIT SALAD

3 oranges
2 slices of pineapple (cut in pieces)
12 marshmallows, cut small
¼ cup nut meats, chopped
⅔ cup grapefruit hearts
6 maraschino cherries (cut small)

Cut oranges in two, crosswise. Put orange sections and juice in a bowl and remove all white membrane from the orange cups which are to be used as service cups. Add the other fruit, nuts and marshmallows. (Do not leave too much of the juice in the mixture.) Fill the orange cups, cover with mayonnaise to which whipped cream

has been added. Garnish with nuts and maraschino cherries. Serve on lettuce.

SAUERKRAUT SALAD IN PIMIENTOS

4 cups sauerkraut
1 chopped sweet green pepper (seeds removed)
1 teaspoon capers
⅓ cup nut meats, chopped
1 cup French dressing
6 pimiento cups

Mix the first four ingredients with the French dressing, and then fill the pimiento cups with the mixture. Serve on lettuce leaves.

AUNT ALLIE'S WINTER SALAD

1 cup turnips, diced
1 cup carrots, diced
1 cup potatoes, diced
French dressing
boiled dressing
head or leaf lettuce
2 teaspoons minced onion

Dice the vegetables after they are boiled. Blend well and add the minced onion. Marinate with French dressing and let stand 15 or 20 minutes. Serve on lettuce leaves with boiled dressing, to which paprika is added just before placing on table.

CAULIFLOWER AND RIPE TOMATO SALAD

This tempting salad is made of three medium-sized ripe tomatoes and six cauliflower flowerets. Scald the tomatoes, plunge them in cold water and slip off the skins. Cut out the stems. Slice each tomato down through the center (not across) so

that each tomato gives 6 sections. Place 3 sections on a curled lettuce leaf, put a floweret, dipped in mayonnaise, in the center and sprinkle with paprika. Add half a teaspoon of mayonnaise at each side of the tomato slices. Serve thoroughly chilled.

MY OWN STUFFED TOMATO SALAD

Select as many uniform sized, well-ripened tomatoes as you have guests to serve. Cut out the stem ends and with a teaspoon hollow out the insides so as to leave a firm shell. Tuna fish, flaked, and diced celery, well blended with boiled dressing, or diced, assorted cold boiled vegetables blended (marinated) with French Dressing may be added to the chopped tomato pulp for a filling. Place each stuffed tomato on a bed of shredded lettuce leaves or shredded cabbage. Top each tomato with thick mayonnaise. Serve very cold.

FAVORITE WHITE SALAD

½ cup chopped celery
½ cup shredded cabbage
½ cup blanched almonds
2 slices pimiento
2 teaspoons lemon juice
4 teaspoons granulated gelatine
2 teaspoons sugar
2 teaspoons salt
2 cups water

Make a regular lemon jelly and add the celery, cabbage, nuts and pimientos. Mold and serve on white lettuce leaf with white salad dressing.

AUNT LOU'S PERFECTION SALAD

1 pkg. granulated gelatine
½ cup cold water
½ cup mild vinegar
¼ cup chopped sweet red peppers
2 cups boiling water
1 teaspoon salt
juice 1 lemon
½ cup sugar
1 cup finely shredded cabbage
2 cups celery, cut small

First, soak the gelatine in cold water for five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set, add the other ingredients. Mold and chill. Serve on lettuce leaves with boiled dressing.

CABBAGE AND GREEN PEPPER SALAD

Mix 2 quarts of shredded cabbage with 1 chopped green sweet pepper, and one red sweet pepper. Pour a cream dressing over the mixture. Stir together and serve very cold.

RAISIN CABBAGE SALAD

Crisp 2 cups finely shredded cabbage in water, mix with ¾ cup seedless raisins, and moisten with mayonnaise.

CARROT SALAD

Crisp 2 cups shredded cabbage by placing in ice water. Drain and combine with 2 cups of carrots and chill until ready to serve. Add salt, pepper, and French dressing. Serve on crisp lettuce leaves.

RED AND WHITE SALAD

½ teaspoon minced onion 1 teaspoon minced parsley
mayonnaise dressing

Steam a medium-sized cauliflower until tender, then drain and chill, dividing into flowerets. Cut five boiled beets into cubes and chill. Arrange on lettuce leaves and add mayonnaise mixed with a very little minced parsley and onion.

AVOCADO SALAD

2 avocados (alligator pears) lettuce leaves
2 tablespoons lemon juice
⅛ teaspoon salt

Peel and cut fruit in half. Remove seed. Lay a half on lettuce leaves. Sprinkle with salt and add lemon juice.

AVOCADO SALAD DRESSING

1 cup boiled or mayonnaise dressing 1 cup heavy whipping cream
1 very ripe avocado 1 tablespoon lemon juice

Whip cream until stiff and fold into salad dressing. Press pared avocado through strainer, add lemon juice and fold into dressing.

SHRIMP SALAD IN GREEN PEPPERS

1 pt. can of shrimp French dressing
12 stuffed olives
12 tiny sweet pickles
2 tablespoons pickled pearl onions
6 green peppers
mayonnaise
whipped cream

Drain and rinse shrimps with cold water. Remove black line down back of each. Break shrimps in good-sized pieces and marinate with French dressing. Chill, then add olives and pickles, sliced, and onions. Hollow green peppers to form cups, and fill with this mixture. Serve on lettuce, garnished with olives and mayonnaise.

YULETIDE SALAD

Drain off juice from the sections of 2 large grapefruit and add 1 cup chopped celery, 1 cup chopped apples and ½ cup nut meats. Mix with mayonnaise and serve on lettuce or cabbage leaves. Garnish with rounds of pimientos cut like holly berries, and pieces of green peppers to look like holly leaves.

SOUTHERN CRANBERRY SALAD

One pint cranberries cooked in 1 cup water for 20 minutes. Stir in 1 cup sugar. When mixture is cool add 2 tablespoons gelatine dissolved in a half cup cold water. When the mixture starts to thicken add ⅓ cup nut meats and 1 cup chopped celery. Mold and serve with thick mayonnaise.

FROZEN FRUIT MAYONNAISE

Dice enough oranges, pineapples and peaches to make 2½ cups of mixed fruits, and sweeten the fruits well. Cover 1 teaspoon of granulated gela-

tine with cold water, let stand five minutes, then soften it over hot water and beat into the mayonnaise. Combine the gelatine with the whipped cream, stir in the fruit and pour into a wet mold. Cover carefully, pack in equal parts of ice and salt for four hours. Slice and serve on lettuce, garnished with maraschino cherries.

PERFECTION COLE SLAW

3 cups shredded cabbage
1 teaspoon salt
1 tablespoon sugar
⅛ teaspoon white pepper
¼ teaspoon celery salt
½ cup hot milk
¼ cup lemon juice
2 teaspoons butter

Mix cabbage with salt, sugar, pepper and celery salt. Add butter with lemon juice and pour very gradually into the milk. Pour the mixture over the cabbage and let stand a few minutes before serving.

SALAD DRESSING RECIPES

FRENCH DRESSING

¼ teaspoon pepper
½ teaspoon paprika
¼ teaspoon celery salt (optional)
2 tablespoons lemon juice (or vinegar)
4 tablespoons olive oil (or vegetable oil)
½ teaspoon salt

Shake the ingredients together in a covered glass fruit jar or shaker until thoroughly blended. Chill, shake again and serve. (½ teaspoon of sugar may be added if a slightly sweet flavor is desired.)

MAYONNAISE DRESSING

1 egg yolk
½ teaspoon each, salt, sugar and mustard
¼ teaspoon paprika
¾ cup salad oil (very cold)
2 tablespoons lemon juice (or vinegar) or 1 tablespoon of each

Sift dry ingredients. Add egg yolk. When well mixed add half the lemon juice or vinegar, stirring constantly. Now add oil by teaspoons, a drop at a time, beating continually until mixture thickens. Finally add the rest of the lemon juice or vinegar and the rest of the oil. If oil is added too fast, dressing will curdle.

BOILED DRESSING

1 teaspoon salt
1 teaspoon mustard
1½ tablespoons sugar
dash of cayenne
2 tablespoons flour
yolks of 2 eggs (or 1 whole egg)
1½ tablespoons melted butter
¾ cup sweet milk
¼ cup mild vinegar

After mixing dry ingredients, add egg yolks or one whole egg, slightly beaten. Next add the butter, then the milk and lastly the vinegar, very slowly. Cook in double boiler until the dressing thickens, after which strain and cool. Whipped cream may be added just before serving.

THOUSAND ISLAND DRESSING

½ cup mayonnaise dressing
¼ cup chili sauce
1 teaspoon chopped pimientos
¼ teaspoon paprika
¼ cup finely chopped cucumber, pickles or olives

Add the other ingredients to the mayonnaise. Blend thoroughly. If dressing is too thick, add either whipped cream or a small quantity of salad oil.

FRUIT SALAD DRESSING

½ cup peach, pineapple or pear juice
½ cup orange juice
¼ cup lemon juice
¼ cup sugar
2 eggs

Add and mix the sugar with the fruit juices. Beat the eggs and add to the fruit juices and sugar. Cook slowly in a double boiler until the dressing begins to thicken. Take from the fire and beat with an egg beater for five minutes. Chill thoroughly before serving with fruit salads. A good combination for a fruit salad is: 1 banana, 2 oranges, 1 grapefruit, 2 small eating apples, and 2 slices of pineapple.

SOUR CREAM SALAD DRESSING

1 cup sour cream, whipped stiff
1 tablespoon lemon juice
1 tablespoon pineapple juice

Add lemon and pineapple juice while whipping the cream. Season with salt and a dash of curry powder, if served with vegetable salads. (Fruit flavoring only for fruit salads.) Note: Sour whipped cream can be substituted for sweet cream in any boiled salad dressing recipe.

CHAPTER XVIII

Desserts and Dessert Sauces

After the main part of the meal comes dessert time and most families and guests look forward to a surprise of some sort for dessert. If the soup, meat and salad courses are rather heavy, then a light dessert will be the best choice. In planning any dinner menu it is well always to balance the meal carefully to avoid too many starches, sugars, etc.

A dessert is always some kind of sweet, whether simple or elaborate, and some of the simplest desserts are the most tempting and should be served in as attractive a way as possible. Cold desserts should be served thoroughly chilled, while hot desserts should be piping hot. It is oftentimes possible to serve economical desserts by using left-over fruits, cake, jelly, jam, etc. The same kind of desserts may be varied by serving them with different sauces, whipped cream, marshmallows, chopped nuts, etc.

Desserts give the housewife a real opportunity to show her ingenuity, and even her imagination. Carrying out pleasing color schemes in desserts is an easy and effective way to give the last course of the meal an attractive and often festive air.

In making gelatine desserts, don't have the mixture too stiff, or the result will be tough and not pleasing to the taste. Follow the directions in each recipe carefully to avoid disappointment. Be sure to fill molds for steamed puddings only three-quarters full because the mixtures when steamed will completely fill the tins.

All measurements given in this book are level. Consult the chapter on measurements for a safe guide.

COCOANUT PUDDING

One cup fine bread crumbs soaked in 1 quart scalded milk. Let stand ½ hour and then add 2 tablespoons melted butter, 3 beaten eggs, ½ cup sugar and 1 cup moist shredded or fresh grated cocoanut. Flavor with grated rind of ½ an orange. Pour mixture into buttered pudding dish and bake in moderate oven (350 degrees F.) until light brown. Serve hot, with hard sauce, or cold, with whipped cream.

HASTY BREAD PUDDING

Spread 6 or 8 slices of stale white bread (crusts removed) with raspberry jam. Arrange in large dessert dish. Pour one pint of sweetened boiling grape juice over the slices and pour around them either boiled custard or whipped cream. Sprinkle with chopped nut meats. May be served hot or cold.

QUICK APPLE TAPIOCA PUDDING

Cook 1 cup granulated tapioca with ⅓ cup sugar in a quart of boiling, slightly salted water until transparent. Pare, core and slice 3 medium-sized cooking apples. Add apples. Sprinkle in ½ teaspoon of cinnamon. As soon as apples are done (soft) the pudding is ready to serve with cream.

CHOCOLATE IRISH MOSS PUDDING

Soak ½ cup Irish moss in 3 cups cold water for 20 minutes. Drain and remove any dark bits. Put 4 cups cold milk in double boiler, add the moss and cook ½ hour without stirring. Melt 4 squares chocolate. Add ⅓ cup sugar and ¼ cup boiling water. Heat and boil 1 minute. Add to first mixture and add 1 teaspoon vanilla. Strain into mold and chill. Serve with sweetened, flavored cream.

FIG PUDDING

Mix lightly 2½ cups soft bread crumbs with ⅓ cup cold milk and chop ¾ cup figs and ½ cup suet together. Add 3 well-beaten eggs, 1 cup brown sugar, 1 teaspoon salt, 1 teaspoon grated orange rind. Add the softened crumbs and mix thoroughly. Steam in a buttered mold for 3½ to 4 hours. Serve with the following sauce:

Mix 1 cup powdered sugar, 2 tablespoons thick fruit juice and 3 tablespoons of cream, warm slightly, and add the mixture very slowly to ½ cup of well-creamed butter.

STEAMED CHOCOLATE PUDDING

Cream ¼ cup butter with ½ cup sugar. Add 1 well-beaten egg. Sift together 2¼ cups flour, 4 teaspoons baking powder, ¼ teaspoon salt, add dry ingredients alternately with 1 cup milk to first mixture. Add 2 squares of chocolate, melted, and 1 teaspoon vanilla. Beat well, turn into buttered mold and steam 2 hours. Serve hot with Marshmallow Sauce made as follows: Boil 1 cup sugar and ⅓ cup milk without stirring until it threads. Set aside to cool. When lukewarm beat until thick and creamy. Heat until thin enough to pour. Soften 2 dozen marshmallows in double boiler, pour in the hot syrup, beating well. Keep hot until ready to serve.

CARAMEL BREAD PUDDING

One-half cup sugar, caramelized. Add 4 cups of scalded milk. Stir until caramel is dissolved. Add 2 cups fine bread crumbs and let stand ½ hour. Beat 2 eggs, add ⅔ cup sugar, ½ teaspoon salt and 1 teaspoon vanilla. Add to first mixture. Butter a baking dish. Sprinkle with granulated sugar. Turn in the mixture and bake in moderate oven (350 degrees F.) one hour. Serve with Creamy Sauce made as follows: 1 cup whipped cream. Add gradually ½ cup powdered sugar and ½ teaspoon vanilla.

AUNT MARY'S CORNSTARCH PUDDING

Mix 4 tablespoons cornstarch, 6 tablespoons light brown sugar and ⅛ teaspoon salt. Into this mixture pour 2 cups of scalded milk. Cook in double boiler, stirring constantly until mixture thickens. Lower heat, cook ½ hour. Remove from fire, fold in the 3 stiffly beaten egg whites and add ½ teaspoon vanilla. Pour into mold and serve with cream sweetened with brown sugar.

STEAMED FIG PUDDING

Add 3 well beaten eggs, 1 cup light brown sugar and 1 teaspoon salt to 2¼ cups soft bread crumbs mixed with ⅓ cup milk. Finely chop 1 cup of figs and ½ tablespoon candied orange peel and add to first mixture. Beat well, pour into a buttered mold and steam 3½ hours. Serve with hot vanilla sauce.

COTTAGE PUDDING WITH CHOCOLATE SAUCE

Cream ⅓ cup butter with 1 cup sugar, add 1 well-beaten egg. Sift together 1¾ cups flour, 3 teaspoons baking powder and ¼ teaspoon salt. Add alternately with ½ cup milk to first mixture. Add ½ teaspoon of vanilla. Bake in shallow pan. Remove. Cut in squares and pour chocolate sauce over each portion. For the chocolate sauce use 2 squares of chocolate, melted, 1 cup sugar, ½ cup boiling water, 2 tablespoons butter, ⅛ teaspoon

salt. Blend and cook until smooth. Remove from fire, add 1 teaspoon vanilla and serve hot.

NEW ENGLAND FRUIT PUDDING

Add 1 cup of molasses to ½ cup of well-creamed butter. Mix 3½ cups flour, 1 teaspoon salt, 1 teaspoon soda, ½ teaspoon cloves, 2 teaspoons cinnamon and ¾ teaspoon grated nutmeg. Add alternately to first mixture with ¾ cup milk. Flour lightly 1 cup seeded raisins, add and beat mixture thoroughly. Pour into a buttered mold, cover carefully and steam four hours. Serve with vanilla sauce.

BLUEBERRY PUDDING

Two cups carefully washed blueberries, 2 cups soft bread crumbs mixed with ½ cup melted butter. Put a layer of buttered crumbs in a buttered baking dish, next a layer of blueberries, sprinkled with 2 tablespoons of sugar and a little lemon juice. Alternate layers and let crumbs form the top layer. Bake covered, in moderate oven (350 degrees F.) for 20 minutes, remove cover to brown crumbs. Serve with sweetened cream.

STRAWBERRY MOUSSE

To 2 cups heavy cream, whipped solid, add gradually 1 cup powdered sugar and a few grains of salt, and fold in 2 cups mashed fresh strawberries. Put mixture in a mold, cover top of mold

with a buttered paper (buttered side up), put cover on tight, pack in ice and salt, and let stand 5 hours.

NEW YORK ICE CREAM

Make a custard of 2 cups of scalded milk, yolks of 6 eggs beaten with 1 cup sugar. Cook in double boiler until custard coats a silver spoon. When cool, add 2 cups thick cream, 1 tablespoon vanilla and a few grains of salt. Add 1 cup cut candied fruits that have soaked for an hour in enough heavy sugar syrup to cover. Drain fruit and add to the cream. Mix. Freeze and pack in ice and salt.

ICE CREAM SANDWICHES

Bake sponge cake in a large flat pan; when cold cut into squares. Split. Cover lower halves with slices of brick ice cream, place upper sections of sponge cake over the ice cream. Spread sweetened, flavored whipped cream over the tops and sprinkle with ground nut meats.

PINEAPPLE ICE CREAM

One can grated and crushed pineapple, ¾ cup sugar, juice 1 lemon, add 1½ pints cream and freeze in usual way. Serve in sherbet glasses. Sprinkle with chopped candied cherries.

PEACH SHERBET

Add juice of ½ lemon to 1 quart peach pulp (fresh or canned) pressed through sieve. Boil 1

cup water with 4 cups sugar for 10 minutes, and add to peach pulp. Mix with unbeaten white of 5 eggs. Pour into freezer and freeze until smooth. Garnish each serving with whipped cream sprinkled with chopped nut meats.

JUNKET

Scald 2 cups milk in double boiler, add ¼ cup sugar, few grains of salt and 1 junket tablet (dissolved in 1 taplespoon cold water). Add 1 teaspoon vanilla. While warm, pour into sherbet glasses, let stand in warm temperature until it sets, then chill. May be served with fruit sauce, or eaten plain or with grated nutmeg.

ITALIAN MAPLE CREAM

Pour 2 cups scalded milk over 1 cup shaved maple sugar added to 3 slightly beaten egg yolks, stirring constantly. Cook in double boiler until mixture coats a silver spoon. Add 2 taplespoons granulated gelatin softened in ¼ cup cold water and dissolved over hot water. Chill and fold in stiffly beaten whites of 3 eggs. Pour into mold and serve with sweetened flavored whipped cream.

BANANA WHIP

Two large bananas, peeled and scraped. Rub through strainer and add ½ cup sugar and juice of 1 lemon. Cook until bubbling—stirring constantly. Remove from fire and chill. Fold banana

mixture into ⅔ cup cream (whipped and flavored with orange extract). Serve very cold in sherbet glasses. Sprinkle tops with ground nut meats.

BAKED QUINCES

Arrange pared, cored quinces in baking dish, fill center cavities with butter, sugar and apple jelly. Add ¼ cup boiling water for each quince. Cover and bake until soft. Baste occasionally. Remove cover and let brown slightly. Serve cold with sweetened cream.

APRICOT ROLL

Mix 2 cups flour, ½ teaspoon salt, 4 teaspoons baking powder. Rub in 2 tablespoons butter or butter substitute, add gradually ¾ cup thin cream. Mix lightly. Turn out on floured board—pat and roll 1 inch thick. Spread with strained, sweetened, stewed apricots. Roll up like a jelly roll. Press edges together. Put in buttered pan and bake in hot oven (375 degrees F.) for 25 minutes. Sweeten 1 cup of syrup and use to baste the roll while baking. Serve hot with whipped cream.

PRUNE WHIP

To the pulp of 24 well-cooked prunes add ½ cup sugar, 2 tablespoons lemon juice, ½ teaspoon grated lemon rind and ⅓ teaspoon salt. Finally fold in stiffly beaten whites of 6 eggs. Turn mixture into buttered baking dish. Set in a pan of

water and bake ½ hour in moderate oven (350 degrees F.). Serve with boiled custard made with the egg yolks.

RICE WITH APPLES

Thoroughly wash and boil ½ cup rice. Pare, core and steam 2 large Jonathan apples until soft. Mash. To the rice add 3 well-beaten egg yolks, ⅔ cup sugar and the mashed apples. Fold in the stiffly beaten egg whites and flavor with nutmeg. Pour into buttered baking dish and bake ½ hour in moderate oven (350 degrees F.). Serve with cream sweetened with brown sugar.

PINEAPPLE FRITTERS

One can sliced pineapple, drain off syrup. Cut slices in halves. Spread halves with a paste made of finely crumbed macaroons and orange juice and place together in pairs. Dredge these lightly with flour, dip into fritter batter and fry in deep hot fat. Drain on brown paper, sprinkle with powdered sugar and serve piping hot.

COFFEE JELLY WITH WHIPPED CREAM

Dissolve 2 tablespoons granulated gelatine (soaked in ½ cup cold water) in 1 cup boiling water. Strain and add 2 cups clear black coffee and ⅓ cup sugar. When sugar is dissolved turn into a mold. Serve with sweetened flavored whipped cream.

BAKED CUSTARD

Beat 4 large eggs, add ½ cup sugar, ¼ teaspoon salt gradually and pour over this mixture one quart of scalded milk, flavored with 1 teaspoon vanilla. Pour into a buttered baking dish, sprinkle with nutmeg. Set dish in a pan of boiling water and bake in a moderate oven (350 degrees F.) until firm in center. If custard is done, a silver knife run into it will come out clean when drawn out. Serve either hot or cold.

PINEAPPLE BAVARIAN CREAM

One pint canned crushed pineapple heated with juice of 1 lemon and ½ cup sugar. When mixture begins to boil add gelatin (½ package of granulated gelatin soaked in ½ cup cold water and dissolved over boiling water). Remove from stove, set in pan of ice water and stir rapidly until the mixture thickens. Now whip solid 3 cups heavy cream. Add part of the cream to the mixture, beating in evenly. Then fold in the rest of the cream. When cool, turn into a fancy mold and chill. Serve with a syrup made of grated pineapple cooked with sugar and orange juice, chilled and poured around base of Bavarian cream.

CUP CUSTARD

Three cups scalded milk added to 5 beaten eggs; ⅓ cup sugar, ⅛ teaspoon salt. Fill individual

buttered custard cups, sprinkle with nutmeg and set in pan of hot water in a moderate oven until a silver knife inserted comes out clean. Serve either in cups or unmolded with flavored, sweetened whipped cream.

FRUIT AND MARSHMALLOW DESSERT

One-quarter cup candied cherries and ¼ cup pineapple cubes soaked for 1 hour in raspberry syrup. One-half pound marshmallows cut in small pieces. Mix the fruits and marshmallows with ½ cup broken nut meats. Fold in 1 cup whipped cream, sweetened and flavored. Turn into a mold and chill. Serve with fancy cakes.

PEACH TAPIOCA

Let 1 can sliced peaches, drained, and sprinkled with powdered sugar stand 1 hour. Soak 1 cup pearl tapioca 1 hour. Add enough boiling water to peach syrup to make 3 cups. Heat to boiling point; add drained tapioca, ⅔ cup sugar and ½ teaspoon salt. Cook in double boiler until tapioca is clear. Line a pudding dish with the peaches, turn in the tapioca mixture and bake in moderate oven (350 degrees F.) 35 minutes. Serve hot or cold with whipped cream.

WASHINGTON'S BIRTHDAY PUDDING

1½ pts. flour
1 teaspoon salt
4 teaspoons baking powder
1 cup chopped seeded raisins
1 teaspoon each, cloves, grated nutmeg
2 teaspoons cinnamon
1 cup molasses
½ cup butter
1 cup milk

Mix and sift dry ingredients. Add to the molasses, butter and milk. Add raisins. Steam in two well-greased molds for 2 hours. Serve hot with hard sauce (made with red sugar), garnish with candied cherries.

SAUCES

LEMON SAUCE

Mix together 1 cup sugar, 1 tablespoon cornstarch, ⅛ teaspoon salt. Gradually add 1 cup boiling water, beating constantly. Cook 5 minutes, add 2 tablespoons butter, 2 tablespoons lemon juice, ½ teaspoon grated lemon rind. Serve hot.

VANILLA SAUCE

Use recipe for Lemon Sauce, substituting 1 teaspoon vanilla in place of lemon juice and rind.

FRUIT SAUCE

Chop ½ cup seeded raisins, 1 tablespoon citron, 2 tablespoons blanched almonds and add to the grated rind and juice of ½ lemon. Pour over all

1 cup boiling water. Put in double boiler and keep hot ½ hour. Cream 1 tablespoon butter with 1 cup sugar and ½ tablespoon flour. Add the fruit mixture gradually. Return to double boiler and cook until mixture thickens. Flavor with 1 teaspoon vanilla, serve with any steamed pudding.

BROWN SUGAR SAUCE

Cream 6 tablespoons butter. To ⅓ cup thick cream slowly add ½ cup light brown sugar and a few grains of salt. Add this mixture to the creamed butter. When smooth add ½ tablespoon vanilla, gradually. Serve cold.

CHRISTMAS PLUM PUDDING

1 cup beef suet
¾ cup currants (washed)
¾ cup seeded raisins (washed)
½ teaspoon ground cinnamon
⅓ teaspoon ground cloves
⅓ teaspoon ground nutmeg
⅓ teaspoon ground ginger
⅔ cup entire wheat flour
⅓ teaspoon salt
¾ cup sugar
1 cup stale bread crumbs
4 eggs
¼ cup grape juice
grated rind 1 lemon
⅓ cup candied orange peel, or citron cut fine

Chop suet, add currants, raisins, candied orange, then cinnamon, cloves, nutmeg, ginger, salt, flour, sugar and bread crumbs. Now add the beaten eggs, grape juice and lemon rind. Put into a well-greased mold, cover and steam 5 hours. Serve with

Hard Sauce

4 tablespoons butter — 2 tablespoons water
1 cup powdered sugar — ½ teaspoon vanilla
¼ cup crystallized cherries

Beat butter until creamy, add ½ cup sugar and 1 tablespoon boiling water. Beat again and add remaining sugar and boiling water and beat until sauce is light. Stir in cherries, which have been coarsely chopped, and vanilla and set aside to become firm.

A RELIABLE PASTRY

2 cups flour — ⅓ cup cold water
½ cup or ¼ lb. shortening — ½ teaspoon salt

Mix and sift flour and salt, cut in shortening. Moisten to dough with cold water. Toss on slightly floured board and roll out thin.

PUFF PASTE

2 cups flour — 1½ teaspoons salt
1 cup shortening — ice water

Sift flour and salt together. Cut in half of the shortening with a knife and add a few drops of water at a time—only enough to hold the paste together. Knead the dough lightly for a few minutes, place in bowl, cover and set in ice box. When well chilled, roll out to about ¼ inch thickness. Put the rest of the shortening, softened in dots, over the pastry, fold over twice (making 3 thicknesses) and press edges together tightly.

Chill and roll out again. Repeat this process again twice, then roll out thin and use for patty shells, tarts, etc.

PATTY SHELLS

Use recipe for puff paste. Roll out to ¼ inch thickness. Use a well-floured large biscuit cutter for cutting. Next, cut small circles out of half of them with a small cutter. Moisten the edges of the whole circles and place a "cut out" circle on top of each whole circle. Brush the tops over with slightly beaten egg (diluted with a little water). Set in the ice box and when thoroughly chilled, bake in a hot oven (375 degrees F.) for 20 minutes. Save the small centers, cut out of half of the circles and put them in a hot oven for about 10 minutes. Use these "centers" as tops after filling the patty shells with creamed chicken, fish or whatever you plan to serve.

CREAM PUFFS

1 cup water
⅓ cup liquid fat (butter or vegetable fat)
1 cup flour
4 eggs
½ teaspoon salt

Boil water and liquid fat. Sift in flour and salt and cook until mixture leaves sides of the pan clean. Remove from fire, cool, and add eggs, unbeaten, one at a time, beating thoroughly after adding each egg. When all eggs are beaten in, drop mixture, by tablespoons, about three inches

apart on a well-greased baking sheet and bake half an hour in a moderate oven (350 degrees F.). This will make about ten cream puffs.

CREAM PUFF FILLING

4 tablespoons sugar
3 tablespoons flour or cornstarch
1 cup milk
1 egg
½ teaspoon vanilla
⅛ teaspoon salt

Mix dry ingredients, add the milk (scalded), stirring constantly. Cook in a double boiler until thick, add eggs, slightly beaten, and salt, and cook for a minute longer. Add vanilla. For chocolate filling add ½ ounce of melted chocolate.

APPLE PIE

5 or 6 tart apples
1 cup sugar
¼ teaspoon grated nutmeg
⅛ teaspoon cinnamon
pinch of salt
1 tablespoon butter
1 tablespoon lemon juice

Pare and cut apples in quarters. Core and slice thin. Line pie plate with crust and fill with apples. Sprinkle over them mixture of sugar, salt, nutmeg, cinnamon and lemon juice and dot with butter. Wet edges of undercrust, put on upper crust, press edges together. Bake in quick oven 10 minutes, then reduce heat and bake about 30 to 35 minutes.

CUSTARD PIE

2 eggs
1½ cups milk
3 tablespoons sugar
pinch of salt
⅛ teaspoon nutmeg

Beat eggs slightly. Add sugar and salt and mix well. Then add scalded milk and stir again. Pour through strainer into pie plate lined with crust, sprinkle nutmeg over top and bake in a moderate oven (350 degrees F.) for about 45 minutes.

For cocoanut custard pie add ¾ cup of moist, shredded cocoanut to the custard filling just before baking.

CHOCOLATE PIE

1 pint milk
2 tablespoons cornstarch
2 squares chocolate
2 egg yolks
1 cup sugar
1 teaspoon vanilla
pinch of salt

Mix cornstarch, sugar and salt. Add scalded milk and cook for 10 minutes, stirring frequently, add grated chocolate and stir 5 minutes longer. Add flavoring and turn into baked crust. Make meringue with the stiffly beaten egg whites, and 3 tablespoons of sugar. Brown in oven or under the broiler flame.

MINCE MEAT

2 lbs. fresh lean beef
1 lb. suet
5 lbs. chopped apples
1 lb. seeded raisins (washed)
2 lbs. currants (washed)
¾ lb. sliced citron
1½ teaspoons cinnamon
1 grated nutmeg
2 tablespoons ground mace
1 tablespoon ground cloves
1 tablespoon allspice
1 tablespoon fine salt
2½ lbs. brown sugar
1 quart boiled cider
1 pint grape juice

Cover meat and suet with boiling water and cook until tender, cool in water in which they are cooked; the suet will rise to the top, forming a cake of fat, which may be easily removed. Chop the meat fine and add it to the apples. Next add sugar, cider, raisins, currants and citron, also suet, and stock in which meat and suet were cooked, reduced to 1½ cups. Heat gradually, stir occasionally, and cook slowly 2 hours; then add grape juice and spices. Pack in jars. Store in cold, dry place. Allow to stand 24 hours before using.

NEW ENGLAND PRUNE PIE

Remove pits from 1 pound of stewed prunes, rub through a strainer, flavor with juice of 1 orange and grated rind of ½ an orange. Sweeten to taste. Beat yolks of 2 eggs and add ½ cup thick cream. Combine with prune mixture and fold in the stiffly beaten whites. Pour into pie pan lined with rich paste and bake in a moderate oven (350 degrees F.) for about 35 minutes.

RHUBARB PIE

2 cups cubed rhubarb
1 cup sugar
2 tablespoons flour
1 beaten egg

Mix and bake between crusts for 35 minutes in hot oven (375 degrees F.).

PUMPKIN PIE

Mix together 1½ cups cooked and strained pumpkin, 1 cup milk, ½ cup cream, ⅔ cup sugar, ½ teaspoon salt, ½ teaspoon grated nutmeg, 1 teaspoon cinnamon, 1 teaspoon ginger and 2 beaten eggs. Pour mixture into deep pie pan lined with pastry. Bake for 10 minutes in hot oven (375 degrees F.), lower heat and continue baking ½ hour in moderate oven (350 degrees F.). Serve hot or cold with or without whipped cream.

DATE PIE

Add ½ cup sugar and ⅛ teaspoon salt slowly to 2 cups hot milk. Pour this mixture over 3 slightly beaten eggs, add 1½ cups date pulp, flavor with 1 tablespoon orange juice and ⅛ teaspoon grated nutmeg. Bake in moderate oven (350 degrees F.) until firm. Note: Prepare date pulp by cooking dates in boiling water until soft, drain, stone and rub through sieve.

LEMON CREAM PIE

Cream 1½ cups sugar with 3 tablespoons butter. Add beaten yolks of 3 eggs, the grated rind of 1 lemon and 4 tablespoons lemon juice. Blend ⅓ cup flour with enough cold milk to pouring consistency. Stir into first mixture and add gradually 1 cup of thin cream. Finally, fold in the 3 stiffly beaten egg whites. Pour into a deep pie pan lined with pastry. Moisten edges of pastry

and cover with 4 strips of paste. Bake in moderate oven (350 degrees F.) for 45 minutes.

SWEET POTATO PIE

½ cup cold mashed sweet potato
3 tablespoons butter
1¼ cups sugar
½ teaspoon cinnamon
½ teaspoon salt
¼ teaspoon grated nutmeg

Mix and add yolks of 3 well-beaten eggs, then blend in the stiffly beaten whites. Finally add 2 cups thin cream. Bake in a pastry shell until firm in center. Good either hot or cold.

BUTTERSCOTCH PIE

2 tablespoons sugar, caramelized
1½ cups boiling water
1½ cups brown sugar
¼ teaspoon salt
¼ cup cornstarch
¼ cup cold water
1½ teaspoons butter
3 eggs
⅔ teaspoon vanilla

Add the boiling water and brown sugar to the caramelized sugar and cook five minutes. Moisten the salt and cornstarch with the cold water and add to first mixture. Stir constantly until the mixture thickens, put in butter, cool slightly and add the beaten egg yolks and vanilla. Pour into a baked pastry shell and cover with a meringue made of 3 egg whites beaten with 3 tablespoons of powdered sugar and bake ten minutes in a slow oven (325 degrees F.).

CHAPTER XIX

Candy

Every one likes good candy and good candy is easy to make if reliable recipes are followed carefully.

The recipes included in this chapter have all been carefully tested not alone for accuracy in ingredients and measurement, but also for their degree of popularity. Homemade candy is not only economical, but safe to eat because you have the advantage of knowing exactly what goes into it. Added to a reliable recipe and pure fresh ingredients, if you use a regulation candy thermometer you need never have a failure.

In choosing a sauce pan for candy making remember that all candy "boils up" and so space in the pan must be allowed. The candy sauce pan may be of any material—tin, aluminum or agate ware. Plan to include in your candy making outfit a wooden spoon which is more convenient to handle when beating the candy and a medium-sized spatula for removing candy from pans or platters. For measuring, use standard tea and tablespoons. The measurements given for the candies in this chapter are all level measurements.

FONDANT

Fondant is the foundation for all "French Creams." It is made of sugar, water and corn syrup with a small amount of cream of tartar added (to keep the sugar from granulating) or fondant may be made with beaten egg whites and confectioners' sugar.

PLAIN VANILLA FONDANT (Cooked)

1 cup granulated sugar
¾ cup water
1 tablespoon white corn syrup
½ teaspoon vanilla

Put the sugar, water and syrup in a sauce pan and stir constantly as the mixture begins to cook until the sugar is entirely dissolved. Do not stir during the rest of the cooking process. As soon as the candy begins to boil cover the sauce pan tightly, lower the heat somewhat and let cook for 3 minutes. (The steam will wash down any crystals that may have formed on side of sauce pan.) Remove the cover and continue boiling until candy thermometer registers 238 degrees F. (or until a few drops put in cold water form a soft ball that will just keep its shape). At this point the candy mixture should be poured on a lightly buttered, cold platter or marble slab and when slightly cool should be beaten with either a candy paddle or a spatula until the fondant suddenly becomes creamy and white. Add the vanilla and knead until fondant is of a fine, smooth tex-

ture. This fondant may be used at once to make centers for chocolate creams or fancy bon-bons, but it is better to put it into a covered glass jar—for a few days—to ripen. As fondant may be kept in this way for two or three weeks many good cooks prefer doubling the quantities. When increasing this recipe double the quantity of all ingredients except the water. Use only 1¼ cups of water.

PLAIN VANILLA FONDANT (Uncooked)

whites of 2 eggs
2 cups confectioner's sugar
½ teaspoon vanilla

Beat the egg whites stiff, add the sugar very gradually and paddle or knead until smooth and creamy. Add the vanilla and knead again. Shape in balls, ovals or small pyramids for chocolate dipping or into fancy shapes on which nut meats, candied cherries, etc., may be pressed. (Fondant for chocolate creams should stand for at least an hour before dipping.)

CHOCOLATE FOR DIPPING

Put 5 ounces of bitter chocolate (shaved) into a bowl and let melt over boiling water. When chocolate is all melted remove from stove and drop fondant shapes into it, one at a time, removing them carefully with a fork and placing them on a lightly buttered dish. Set in a cool, dry

place and allow half an hour for the chocolate covering to harden completely.

PREMIUM FUDGE

2 cups granulated sugar
⅔ cup milk
2 squares (2 oz.) bitter chocolate
2 tablespoons white corn syrup
2 tablespoons butter
1 teaspoon vanilla

Cut up or shave the chocolate and put into a sauce pan with the sugar and corn syrup, cook slowly, stirring constantly until sugar crystals are dissolved. Let boil slowly (stirring occasionally and slightly to keep from scorching) until thermometer registers 236 degrees F. or when soft ball stage is reached (tested in cold water). Take from the fire, add the butter and let stand in a cool place. (Do not stir.) Fudge should be cooled to 110 degrees F. (lukewarm) and the vanilla added. Now begin to beat and continue beating until the mixture dropped off a spoon will keep its shape. Quickly pour into lightly buttered pans. Fudge made with corn syrup should be beaten longer than ordinary fudge. Cut in squares when well set and cold. Broken nut meats may be added just before the beating is started.

PLAIN CARAMELS

2 cups granulated sugar
1 cup white corn syrup
2 cups rich milk
½ cup cream
¼ cup butter
2 teaspoons vanilla

Put all the ingredients except the vanilla into a sauce pan and mix. Cook over low heat, stirring constantly until the thermometer registers 246 degrees F. or until a few drops in cold water produce a firm ball. Take off the fire, add the vanilla and pour at once into a lightly buttered pan. Cut in squares when cold and wrap each square in waxed paper. This recipe will make about 70 caramels.

NUT BRITTLE

2 cups granulated sugar
1 cup brown sugar
½ cup white corn syrup
½ cup water
¼ cup butter
⅛ teaspoon baking soda
⅛ teaspoon salt
1½ cups broken nut meats

Dissolve the sugars with the syrup and water by stirring while cooking gently. Continue cooking until thermometer registers 300 degrees F. Take from fire, add salt, soda and butter and blend carefully (do not stir more than is necessary as the brittle will sugar if beaten). Add nut meats and turn out on a buttered baking sheet or marble slab. Pour out in a very thin sheet. When cool, break up into pieces.

CHAPTER XX

Canning and Preserving

Long before foods were canned or preserved in glass jars and tins, housewives dried their supplies of fruits and vegetables in the sun and stored them away in cool, dry places for winter use. The preservation of food is a decided means of economy, especially to the rural homemaker, who generally has at her disposal a great variety and large supply of fresh farm products. Thrifty city housewives buy fruits and vegetables to can in season, when prices are low and always save money.

There are several methods of canning and preserving foods. Fruits are the easiest products to can because of their natural acidity and the old-fashioned open-kettle method is still approved for making preserves, marmalade and jams. Oven canning is also a successful method of canning fruits. The cold-pack method is generally best for meats and vegetables because they require longer cooking.

OPEN-KETTLE METHOD

To be used for fruits cooked in an open kettle and packed while hot. Although no further cook-

ing is necessary—it is generally advisable to process the jars or tins for 5 minutes in boiling water to prevent spoilage. This method should be used for fruits only.

Select freshly picked, sound fruit.

Boil according to individual fruit preserving directions.

After boiling fill jars or tins immediately.

Seal tight, cool and store.

"COLD-PACK" METHOD

Use the so-called "cold-pack" method when canning fruits, vegetables and meats. As it is necessary for the heat to reach the center of the pack quickly the "cold-dip" process is now, for the most part, eliminated and the products are packed into the containers while still hot from the "blanching" or "pre-cook" process (boiling or steaming for a few moments before packing in jars or tins). Some authorities on food preserving call this revision of the old "cold-pack" method the "hot-pack" method.

Select only fresh firm foods for canning.

See that products are of uniform size.

Blanch or "pre-cook" to loosen skins or shrink products.

"Cold-dip" some of the larger fruits and vegetables (peaches, tomatoes, etc., that require peeling).

Pack in sterilized containers as soon as possible

after blanching. (Corn, beans, peas and greens should be loosely packed as they swell when processed.)

Adjust new, tested rubber rings and partly seal. (If packed in glass jars.)

Process. (The final heating when the hot products are packed in containers.)

Completely seal.

Store in a cool, dry place.

GENERAL DIRECTIONS FOR MAKING JELLIES

In making jelly always select fresh, ripe, perfect fruit, wash and remove cores, stems, hulls or blossom ends. To draw out the juices from soft fruits add just enough water to keep the fruit from scorching. Heat fruit gradually and mash soft while heating. Cook until the mashed fruit has lost its original color. Hard fruits should be cooked in enough water to cover until they are soft. Do not mash. The fruit juices should be strained and let drip through a wet jelly bag. Do not squeeze or jelly will not be clear.

After the juice stops dripping, measure juice and add sugar. (According to tested pectin content of fruit used. The sugar content should balance the pectin content.) Let boil rapidly for 5 minutes, stirring until all sugar is dissolved. When the jelly is done it should be skimmed. Jelly is done when 2 or 3 drops hang together from a spoon.

HOW TO TEST FRUIT JUICES FOR PECTIN

Dip out 1 tablespoon of hot (unsweetened and uncooked) juice and mix with 1 tablespoon any kind of alcohol. If there is pectin in large quantity a jellied mass will form. If there is only a small quantity of pectin present the juice will contain flaky particles. Commercial pectin may then be added to the juice until, when tested, the juice jellies.

SEALING JELLY TUMBLERS

After skimming, the juice should be poured, hot, into hot jelly glasses, set in a pan of hot water. When jelly cools, cover the tops of the glasses with hot paraffin. Then cover glasses with lids.

GENERAL DIRECTIONS FOR MAKING JAM

In making jam, fruits are cooked in their own juices to a thick mass. Measure and use from ¾ to 1 pound of sugar for each pound of fruit, adding the sugar when the fruit is partly cooked. Jam should be watched carefully and stirred constantly to keep it from scorching. It should be cooked down, after the sugar is added, until quite thick, packed while hot into clean hot containers and sealed at once.

PEACH JAM

1 lb. peach pulp
⅔ lb. sugar
¼ cup peach juice or water
¼ teaspoon whole allspice
1 teaspoon cinnamon (stick)
½ teaspoon whole cloves
small piece of ginger root

Blanch and cold-dip the peaches and remove skins and pits. Mash the pulp and add the peach juice, sugar and spices. (Tie spices in a bag.) Cook until thick and clear. Pack while hot into hot containers and seal at once.

STRAWBERRY JAM

Pick over and remove hulls from strawberries, weigh them and allow ¾ pound of sugar for every pound. First mash strawberries in a kettle in their own juice and bring slowly to a boil—stirring constantly. Add the sugar and let boil down until thick, stirring to keep from scorching. Pack at once and seal.

ORANGE MARMALADE

12 thin-skinned oranges
3 lemons
1½ quarts water
sugar

Slice clean and perfect oranges very thin. Add 1½ quarts of water to each quart of sliced fruit and let stand overnight. Cook slowly until tender (2 to 2½ hours). Measure the cooked fruit and add an equal amount of sugar. Cook until it

jellies from a spoon (from 30 to 60 minutes). Pour into clean, hot jars and seal.

RHUBARB MARMALADE

Cut stalks of young, unpeeled rhubarb into 1-inch pieces. Weigh rhubarb and add ¾ pound sugar to each pound rhubarb. Put rhubarb and sugar in a kettle, heat slowly and boil until thick and clear. Pack into clean, hot jars and seal at once.

"PINE-COT" PRESERVES

4 quarts ripe apricots
1 quart grated pineapple
4 cups sugar
½ cup walnut meats (broken)
4 cups water

Wash apricots, but do not peel. Add the pineapple. Put into a medium thin boiling syrup made of one part sugar and one part water. Cook slowly until mixture is tender (about 30 minutes). Add nuts. Pack hot and seal immediately.

PEAR PRESERVES

1 lb. pears cut in quarters
2 cups sugar
2 cups water
1 lemon, thinly sliced

The fruit may be preserved whole, in halves or in quarters. Boil sugar and water 5 minutes, add pears and sliced lemon and cook until fruit is transparent. The syrup will be thick. Pack and seal.

PLUM PRESERVES

6 pounds small purple plums
9 cups sugar
1 cup water

Wash and pierce each plum with a fork. Put plums in bowl or jar, cover with sugar and add water. Cover and let stand in a cool place for 12 hours. Drain and boil juice for 5 minutes. Add fruit and cook until clear. Pack and seal immediately.

TOMATO PRESERVES

5 pounds ripe tomatoes
8 cups sugar
2 lemons

Scald and cold-dip tomatoes. Remove skins. Place in a deep bowl, add sugar and let stand 12 hours. Drain off juice and boil it hard until it spins a thread. Add the tomatoes and lemons sliced thin, and cook until thick and clear. Pack and seal immediately.

CUCUMBER GREEN SWEET PICKLES

Select small uniform size cucumbers. Soak in brine (2 tablespoons salt to 1 quart water) for 12 hours. Remove cucumbers, heat brine, skim it and pour over pickles again, and let stand for 2 days. Repeat process every morning until the eighth day. Remove pickles from brine, cover with spiced vinegar, heat thoroughly, pack and seal jars.

CUCUMBER RIPE SWEET PICKLES

8 large ripe cucumbers
⅛ lb. stick cinnamon
1 ounce whole cloves
6 cups sugar
1½ pints vinegar

Peel and quarter cucumbers. Take out seeds and cut quarters into smaller pieces. Blanch in salted water for one minute and boil very gently in clear water until tender, but firm. Drain. Tie spices in a bag and boil them with the vinegar and sugar for 5 minutes. Pour over the cucumbers. Cover jar and let stand 12 hours. Drain off syrup, boil for 10 minutes and pour over the cucumbers again. Repeat several times. Pack and seal.

DILL PICKLES

Select cucumbers 5 or 6 inches long. Wash and put in jars. Place a thin layer of dill (stalks and leaves) between the layers of cucumbers. Cover with a brine (2 pounds of salt to 3 quarts water). Put a layer of grape leaves on top and cover it with a plate and heavy weight. It will take two or three weeks for curing.

CHILI SAUCE

12 large tomatoes, finely chopped
3 green peppers, finely chopped
2 medium sized onions, finely chopped
3 cups vinegar
2 tablespoons sugar
2 tablespoons salt
1 tablespoon mustard
1 teaspoon cinnamon
1 teaspoon nutmeg

Mix ingredients and cook together for 1½ hours. Seal immediately.

CHAPTER XXI

Cooking for Church Suppers, Clubs, Etc.

The old proverbial church supper oyster stew with its one or two oysters is rather a thing of the past these days, for many newer dishes are now found easily adapted for quantity serving. Every Church Guild, Ladies' Aid, and Sunday School Class, every Club and Community Group takes an especial pride in introducing something a little out of the ordinary and yet that "something" may be comparatively simple and inexpensive to prepare. It is to be hoped that this chapter may be of practical help when quantity cooking is demanded.

Generally speaking, if you know that a certain recipe you have and like serves five people it is safe to multiply the quantities of ingredients by five for twenty-five people; by ten for fifty people; and so on. A church or community supper should be as carefully planned as a home supper so that it is a well-balanced meal. There should be a main dish of meat, fish or other meat substitute such as a nut and cheese loaf, Spanish omelette, scalloped oysters, etc.; two vegetables or one vegetable and a salad, bread of some kind; a relish

(optional); a dessert and a beverage (tea, coffee, cocoa or milk).

The menus and recipes given in this chapter are for serving fifty people. If more or less are served, change the proportions by multiplying or dividing the quantities mentioned.

MENU I

Baked Hamburg with Dressing
Mashed Potatoes Fruit Salad
Rolls Butter
Grape Jelly Coffee
Chocolate Pudding with Whipped Cream

BAKED HAMBURG WITH DRESSING

Have on hand 15 pounds Hamburg steak and 2 loaves of stale bread for the dressing. Put first into each of several greased roasting pans a thick layer of well-seasoned Hamburg. Over this place a layer of dressing (see dressing recipe below) and over the dressing the rest of the Hamburg. Sprinkle fine cracker crumbs over the top and set roasters in a moderate oven for about two hours.

DRESSING FOR BAKED HAMBURG

Crumble both crust and crumb of stale bread. For every 2 cups of crumbs add 1 teaspoon each of sage, minced onion and salt, ⅛ teaspoon pepper and 2 tablespoons shortening. Add ½ cup boiling water. Mix ingredients well.

FRUIT SALAD

1 dozen medium sized apples
1 dozen oranges
1 dozen bananas
½ pound broken nut meats
6 medium sized heads lettuce
1 cup whipping cream
3 cups thick mayonnaise
2 No. 2½ cans grated pineapple

Cut the apples, oranges and bananas in small pieces, add pineapple (drained) and nuts. Whip the cream and fold into the mayonnaise. Arrange the mixed fruit in lettuce leaves, add the mayonnaise, chill, and serve. The cut bananas will not turn dark if a little of the pineapple juice or lemon juice is sprinkled over them.

CHOCOLATE PUDDING WITH WHIPPED CREAM

4 scant cups sugar
24 tablespoons cocoa
24 heaping tablespoons flour
12 scant cups boiling water
vanilla extract to taste

Mix together the sugar, cocoa and flour. Mix carefully with a little of the boiling water until a thick paste is formed, then add the rest of the water, stirring constantly. Let mixture come to the boil and cook at boiling temperature for 3 minutes. Flavor, chill and serve with whipped cream (1½ quarts of cream).

Note: See special lists of food quantities for serving 50 people.

MENU II

Roast Pork with Apple Sauce Brown Gravy
Scalloped Tomatoes Cottage Cheese and Date Salad
Baking Powder Biscuits
Coffee
Ice Cream

ROAST PORK

Allow 25 pounds fresh ham. Hams should be cut in half and be allowed to simmer in boiling water to cover for 2 hours before seasoning and roasting them in the oven. (Save the water in which they boil to make gravy.) Allow about 30 minutes to a pound when roasting.

SCALLOPED TOMATOES

8 quarts canned tomatoes
1 medium sized onion, minced
3 tablespoons salt
1 teaspoon pepper
1 cup sugar
4 quarts fine cracker or bread crumbs
1½ cups melted butter

Mix the seasonings with the tomatoes. Pour the melted butter over the crumbs. Blend the two mixtures, place in well-greased baking dishes and bake in a moderate oven (350 degrees F.) for 1½ hours.

COTTAGE CHEESE AND DATE SALAD

Arrange lettuce leaves on individual salad plates. Put a generous portion of well-creamed cottage cheese in the center of the leaves and place

a pitted, washed date on top of the cottage cheese. Chill before serving.

The Following Quantities Serve Fifty People

Coffee—9 quarts of water to 4 cups ground coffee (see Recipe)
Cream for Coffee—1 quart
Ice Cream—bulk—2 gallons
Ice Cream—brick—1⅔ gallons (5 bricks to a gallon)
Pudding—8 quarts (with 2 quarts of sauce)
Potatoes, mashed—1¼ pecks
Potatoes, creamed—¾ peck (with 3¾ quarts medium white sauce)
Peas (canned)—10 No. 2 cans
Salad (fruit or vegetable)—7 quarts
Salad (chicken)—4 quarts cubed chicken, 4 quarts diced celery, 2 quarts salad dressing
Mayonnaise (garnish)—1 quart
Spinach (canned)—10 No. 2 cans
Bread (1-pound loaves)—5 loaves
Beef (for meat loaf)—10 pounds
Beef (roast)—18 pounds
Lamb (roast)—18 pounds
Beans (for baking)—3 quarts (dry)
Chicken (roast)—25 pounds
Chicken (creamed)—6 quarts cubed (with 3½ quarts medium white sauce)
Hash—6 quarts ground meat, 4 quarts chopped boiled potatoes, 3 quarts stock
Soup—3 gallons

COFFEE FOR 50

9 quarts of cold water	4 cups ground coffee

Put the coffee in thick cheesecloth bags, tie securely, allowing room for coffee to swell and let

stand in the water for several hours. Bring to the boiling point slowly and let boil for five minutes. Take out the coffee bags and keep coffee at the boiling point until ready to serve. Do not let coffee boil longer than five minutes.

COCOA FOR 50

½ cup cocoa
2 cups sugar
⅛ teaspoon salt
1½ quarts boiling water
8 quarts scalded milk

Mix the dry ingredients to a smooth paste with 2 cups of the water. Add the rest of the water and let boil gently for 10 minutes. Pour the mixture into the scalded milk and bring to boiling point. Keep hot over boiling water. Whipped cream may be added.

CHICKEN A LA KING

3 quarts cooked, cubed chicken
½ can pimientos, shredded
1 teaspoon salt
¼ teaspoon white pepper
2 teaspoons minced parsley
½ lb. fresh mushrooms
1 tablespoon butter
1½ qts. medium white sauce

Mix chicken, pimientos, parsley and seasonings. Peel, slice and cook mushrooms in butter for 10 minutes and add them to the white sauce. Combine the mixtures. Bring to boiling point over boiling water. Serve in patty shells or on toast triangles.

MACARONI AND CHEESE

5 lbs. elbow macaroni
2 gallons water
1½ tablespoons salt
1 quart bread crumbs
2 lbs. American cheese (small cubes)
½ cup butter
6 quarts thin white sauce

Cook macaroni in salted boiling water until done and drain. Pour cold water over it and drain again. Add white sauce and cheese. Put into greased baking pans. Cover tops with crumbs and dot generously with butter. Bake in moderate oven (350 degrees F.) for an hour.

THE END

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